Anne King's

HYPNOSIS SCRIPTS

From:
ANNE KING'S HYPNOSIS TRAINING MANUAL

These are the scripts used for in-class practice sessions during Basic, Intermediate, & Advanced Hypnosis Training for Certification

Anne King's Hypnosis Center.
www.HypnosisClasses.com
830-537-5411

Anne King's

HYPNOSIS SCRIPTS

From:
ANNE KING'S HYPNOSIS TRAINING MANUAL

These are the scripts used for in-class practice sessions during Basic, Intermediate, & Advanced Hypnosis Training for Certification

Anne King's Hypnosis Center.
www.HypnosisClasses.com
830-537-5411

ABOUT THE AUTHOR

Anne King, Certified Hypnotist

CERTIFICATIONS:
International Medical and Dental Hypnotherapy Association
National Guild of Hypnotists
International Hypnosis Federation

DESIGNATIONS AND AWARDS:
Ms. King holds the designations of both Fellow and Diplomat through the International Medical and Dental Hypnotherapy Association and was also awarded the honor of Educator of the Year in 2001.

EXPERIENCE:
Full time hypnotist since 1986
Has conducted sessions for over 20,000 clients
Has owned and operated Hypnosis Centers in 3 Texas cities: Corpus Christi, Beaumont and Boerne

EDUCATOR:
Frequent presenter at national hypnosis conferences
Has taught certification courses for hypnotists since 1990
Became a state-licensed career school in 2009
Workshop facilitator for Hypnotist and Counselor CEUs
Facilitator for open-to-the-public workshops on mind / science and metaphysical topics

COMMENTS:
Ms. King has studied under numerous well-known hypnotherapists and continues to attend seminars, lectures, conventions and workshops annually to further her education. Her extensive training allows her to incorporate many standard and advanced hypnotic techniques into her work with clients and students as well as on the hypnotic recordings she creates and markets.

SELF-HYPNOSIS PRODUCTS FOR EVERYONE

Customized Sessions on CD
Self-Hypnosis Recordings for a variety of subjects
Sound Pillows for sleep programming
Hypnosis and Metaphysical Books

WORKSHOPS & CLASSES

Certification Courses – Become a Hypnotist
Continuing Ed classes for Hypnotists & Counselors
Open-to-Public Workshops - Mind/Science & Metaphysics
Talks, Lectures, Specialty Classes for Your Group

Anne King's Hypnosis Center
109 Smokey River North
Boerne, TX 78006

830-537-5411
www.HypnosisClasses.com

PRODUCTS FOR HYPNOTISTS

Video Workshops – Numerous Topics & Presenters
Script Books by a variety of authors
Specialty Programs - by well-known teachers
Hypno-Medallions and Pins – conversation starters

HYPNOSIS SESSIONS

Private Sessions Custom Recordings
Phone & Skype Sessions Group Sessions

LOCATIONS

• **Boerne** • **San Antonio** • **Kerrville**
Group sessions at your location

SCRIPT PAGES

TABLE OF CONTENTS

De-hypnotizing 1

Deep Breathing 2

INDUCTIONS:

Basic Relaxation 4

Progressive Relaxation: Script 1 6

Progressive Relaxation: Script 2 8

Progressive Relaxation: Script 3 10

Countdown 12

Blackboard 13

Fixation 14

Confusion: Counting backward by 3's 16

Conversational 18

Blinking 19

Fractionation 20

RAPID INDUCTIONS:

Post-Hypnotic Suggestion 21

Handshake 21

Quick Count 22

Standing Induction 22

Arm Lowering 23

Passes 23

Kernels of Corn 24

Hand to Face 25

Shock Inductions 26

DEEPENING TECHNIQUES:

Stairway 27

Hand Levitation 28

Arm Rigidity 30

Pressure 31

SPECIFIC SCRIPTS:

Memory and Concentration 32

Self-Confidence 33

Stress 34

General Well Being 35

Glove Anesthesia (Short) 36

Visualizing in All 5 Senses 37

Your Special Place 39

Establishing Finger Signals 41

Questioning the Subconscious 42

Sample Questions

Allergies and Asthma 44

Dental Phobia 45

Insomnia 46

Weight Loss 47

Pain 48

Regression Scripts

Indirect Regression 49

Direct Regression 50

Ideomotor without Conscious Recall 51

Using Feeling and Thoughts to Locate Cause 52

Direct Regression to a Specific Age 54

Transforming Feelings with Imagery 56
Locating a Lost Object 60
Watching Life Scenes on TV 61

Health, Healing & Pain Management

Thanking the Body 62
Mind as the Builder 65
Healing with Light 66
Healing Through the Heart 68
Water as a Stress Reducer 69
Healing with Color 71
Glove Anesthesia (Long) 73
Pain as an Object 75
Breathing Out Pain 77

Projection & Regression

Projection for Goal Achievement 78
Floating into a Past Life 80
The Temple of Past Lives 84
Questions for Past Life Regression 88

Parts Therapy 93

Dreams

Post-Hypnotic Suggestion for Insight 95
Dream Interpretation 96
Hypnotic Dreaming for Solutions 99

Ericksonian Hypnosis

Induction 100

The Hawk: A Metaphor for Change 101

The Guitar: A Metaphor for Acceptance & Growth 102

Allowing Change to Happen 103

Improving Sexual Attitude 104

Pregnancy & Childbirth

Pregnancy 105

Labor & Delivery 107

Birth Visualization 109

Postpartum 111

Children's Programs

Suggestibility Tests 112

Inductions

Basic Induction & Deepening 113

Visual, Auditory, & Kinesthetic Imagery 115

Progressive Relaxation 116

Eye Fixation 118

Distraction 119

Deepening 120

Bedwetting 121

DE-HYPNOTIZING

THREE COUNT

In a moment I'm going to count from 1 to 3, and on the count of 3, you'll be fully alert ... feeling rested, refreshed and rejuvenated. When I reach the count of the 3, you'll be back with me feeling fantastically good. Coming up on the count of 3 now. Number 1 .... coming back slowly, feeling so good. Number 2 .... almost there, feeling better than you've ever felt in your life. And number 3 ..... back with me now .... feeling great ... open your eyes.

FIVE COUNT

As I count slowly from 1 to 5, you will gradually become more alert, and when I reach the count of five, you will be wide awake, fully alert and functioning in your normal level of consciousness. Number 1.... beginning to come back with me now. Number 2 ..... becoming more and more alert. Number 3 ..... all normal feeling returning. Number 4..... back with me, your eyes ready to open. And number 5 ..... wide awake open your eyes.

TEN COUNT

When I count from 1 to 10, you will come alert ... feeling refreshed ... relaxed ... with all the normal feeling returning to every part of your body. You'll feel alert, refreshed, and relaxed. Opening your eyes on the count of 10. Number 1, coming back slowly ... 2 .... beginning to feel more alert .... number 3 ... coming up ..... number 4 ... feeling more clear-headed ... 5 ... feeling refreshed and relaxed ... number 6 ... feeling so good .... number 7 ... more alert and awake ... number 8 ... feeling better all the time .... number 9 ... almost there ..... feeling so good ... and number 10, wide awake ... feeling great! Open your eyes.

ERICKSONIAN

As we conclude with this session, you may notice just how wonderful and relaxed you feel. You may even reflect on how beneficial this session has been. And you may now take as much time as you need in the next two minutes to come back to full awakening, feeling rested and refreshed, with all normal feeling restored. Take as much time as you need to come back and open your eyes, now.

FAILURE TO AWAKEN

If the subject fails to awaken, repeat their name and the last number in a little louder voice: "Janet ... Number 10 .. Wide Awake!"

If this fails you may want to repeat that phrase again while at the same time touching their arm or shoulder gently. You may also leave them to sleep until they awaken naturally.

DEEP BREATHING

(3 to 5 minutes)

As we begin, just go ahead and allow your eyes to close, and allow your eyes to stay closed throughout the session, or for as long as is comfortable for you to do so. It's often easier to relax with your eyes closed because for most people, it makes it easier for them to be quiet, and still, and to block outside distractions.

And as we begin, just start by taking a slow, deep breath ... Breathing in very slowly and deeply ... And exhaling slowly. And just continue to breathe very slowly, and deeply, in whatever way is comfortable to you, for the next few minutes, until I ask you to stop. Just concentrating on your breathing ... without thinking about anything but your breathing .... Breathing slowly and deeply, because deep breathing is very, very relaxing in itself. So, for the next few minutes, just breathe slowly and deeply .... Feeling your lungs expand .... and let go ...

And you can imagine, if you like, that with every breath you breathe in, you're filling your body and mind with peace and serenity... and with every breath you exhale, you're just letting go of all tightness and tension and negativity .... Filling your body and mind with peace and serenity .... Letting go of all tension, tightness and negativity.

Just relaxing, more and more, with every breath you take. Feel your body relaxing more and more with every breath. Feel the muscles in your body becoming loose and limp, and so very relaxed ..... as you begin to unwind and let go ... Just letting go ... Letting go of everything that's been going on in your life ... any rush you might have been in today .... any worries or concerns ... any tension you may have been retaining in your body ... just let it all go for now .... and allow your body to relax ... Letting go... .and unwinding... and completely relaxing now, as you take this time for yourself ... This special time... .just for you... .A quiet time.. .A time to let go of all the hurry and worry in your daily life and just

enjoy a little relaxation. Just spending a few minutes to relax and unwind and let everything go ....

It feels so good to just relax. Letting go of everything except the relaxation ..... Unwinding .... letting go ... Allowing peace and harmony to surround your body and mind ..... That wonderful, beautiful feeling of tranquility ..... Just relaxing ... relaxing .... It feels so good to relax and unwind and just let everything go.

Whenever you like, you can quit thinking about your breathing, and just breathe normally and naturally .... as you continue to relax ....

DEEP BREATHING

(SHORT VERSION)

As we begin, allow your eyes to close and take a slow, deep ..... relaxing breath. That's right ..... Just breathe in slowly and deeply and exhale very slowly .... and as you do, notice the muscles in your body beginning to relax. Take another deep, relaxing breath and again, exhale slowly .... feeling your body relaxing more and more with every breath. Deep breathing is very, very relaxing and you just continue to breathe slowly and deeply as you allow your body to relax ..... Breathing in relaxation ..... breathing out all tension and tightness. Breathing in peace and breathing out any worries or fears ..... Just relaxing .... allowing each breath to relax you more and more. That's right. You're doing fine .... Just breathing and relaxing ..... breathing and relaxing ..... Letting your breath move through your body .... relaxing your body ..... relaxing your mind. Feeling so peaceful and serene ..... calm and relaxed ..... safe and secure.....Relaxing more and more with every breath ..... and you'll continue to relax more and more with every breath as you move through this session.

Basic Hypnotic Induction Procedure

Make yourself as comfortable as possible. Adjust the position of your body so that your arms and legs are relaxed .... and your entire body is comfortably relaxed.

As we begin, go ahead and allow your eyes to close ..... Good .....

(1) Now slowly draw in a deep breath...(4 sec)...and breathe out..(2 sec)...

(2) Letting yourself be completely limp and relaxed...(2 sec)...limp and relaxed.. .(4 sec)...

(3) Your *arms* are becoming *relaxed*..(2 sec)...very *relaxed*..(4 sec)...

(4) Your *legs* are becoming *relaxed*...(2 sec)...very *relaxed*...(4 sec)...

(5) Your *entire body* is becoming *relaxed*...(2 sec)...very *relaxed*...(4 sec)

(6) You are going deep...(2 sec)...deep...(2 sec)...asleep...(4 sec)...

(7) Now your *arms* are becoming *more* relaxed...(4 sec)...

(8) And your *legs* are becoming *more* relaxed...(4 sec)...

(9) And your *entire body* is becoming *more* relaxed...(4 sec)

(10) And you are going deep...(2 sec)...deep...(2 sec)...asleep...(4 sec)...

(11) Now your *arms are* relaxed...(4 sec)...

(12) And your *legs are* relaxed...(4 sec)...

(13) And your *entire body is* relaxed...(4 sec)...

(14) And you *are* going deep...(2 sec)...deep...(2 sec)...asleep...(4 sec)...

(15) Now you are *so* relaxed...(2 sec)...so *completely* relaxed...(2 sec)...

(16) That your *arms* are becoming *heavy*...(2 sec)...very *heavy*...(4 sec)...

(17) And your *legs* are becoming *heavy*...(2 sec)...very *heavy*...(4 sec)...

(18) And your *entire body* is becoming *heavy*...(2 sec) **...**very *heavy*...(4 sec)...

(19) You are going deep...(2 sec)...deep...(2 sec)...asleep...(4 sec)...

(20) Now your *arms* are becoming *heavier*...(4 sec)...

(21) And your *legs* are becoming *heavier*...(4 sec)...

(22) And your *entire body* is becoming *heavier*.. (4 sec)...

(23) And you are going deeper...(2 sec)...deeper...(2 sec)...asleep...(4 sec)...

(24) Now your *arms are* heavy...(4 sec)...

(25) And your *legs are* heavy...(4 sec)...

(26) And your *entire body is* heavy...(4 sec)...

(27) And you *are* going deeper...(2 sec)...deeper...asleep...(4 sec)...

(28) Now you are so *very relaxed*...(2 sec)...and your entire body is *so very heavy* (2 sec)

(29) That your *arms* are becoming pleasantly *warm*...(2 sec)...pleasantly *warm*...(4 sec)...

(30) And your *legs* are becoming pleasantly *warm*...(2 sec)...pleasantly *warm* (4 sec)

(31) And your *entire body* is becoming pleasantly *warm*...(2 sec)..pleasantly *warm*...(4 sec)

(32) And you are going deeper...(2 sec)...still deeper...(2 sec)...asleep...(4 sec)...

(33) Now your *arms* are becoming *more* pleasantly warm...(4 sec).

(34) And your *legs* are becoming *more* pleasantly warm...(4 sec)...

(35) And your *entire body* is becoming *more* pleasantly warm...(4 sec)...

(36) And you are going deeper...(2 sec)...and deeper...(2 sec)...asleep...(4 sec)...

(37) Now your *arms are* pleasantly warm...(4 sec)...

(38) And your *legs are* pleasantly warm...(4 sec)...

(39) And your *entire body is* pleasantly warm.. .(4 sec)...

(40) And you *are* going ever more deeply...(2 sec)...deeply...(2 sec)...asleep...(4 sec)...

(41) And now you are *totally* relaxed...(2 sec)...so *completely* relaxed...(2 sec)...so *wonderfully* relaxed...(2 sec)...

PROGRESSIVE BODY RELAXATION #1

And now we're going to begin to relax each part of your body in turn. So now, using your imagination, imagine a very wonderful, warm, feeling of relaxation flowing into your body through the toes of your feet .... and imagine this wonderful feeling of relaxation flowing up through your feet ... through the balls of your feet ... and the arches of your feet ... through the heels of your feet .... relaxing your feet. Imagine it flowing up through your ankles ... up into your calves ... through your knees ... .and into your thighs .... until both of your legs feel so very relaxed. All of the muscles in your legs are relaxed and you can just allow them to feel loose and limp and lazy ..... the muscles loose and limp and lazy. As your legs relax, they may even begin to feel kind of warm or tingly or heavy .... a heaviness that often accompanies relaxation. That same feeling of heaviness that you experience in your body each night as you begin to fall asleep. A wonderful relaxed type of heaviness. .... the muscles loose and limp and lazy ... your legs warm or tingly or heavy, perhaps.

This feeling of relaxation moves on up now .... filling your torso from hips to shoulders ... and as it does, your entire torso starts to become completely relaxed .... the muscles loose and limp and lazy .... feeling perhaps, warm ... or tingly .... or heavy.

The feeling of relaxation now begins to flow down into your arms, and it flows <u>all</u> the way down your arms .... from your shoulders .... through your upper arms .... through your elbows ... through your forearms ... through your wrists ... into your hands .... and all the way down to the tips of your fingers .... until your entire arms feel very relaxed.... the muscles loose and limp and lazy ... your arms feeling perhaps, warm ... or tingly ... or heavy.

And the feeling of relaxation now moves into the area of your shoulders and your neck .... and as it concentrates in the shoulder area ... any feelings of stiffness, tightness or tension that you might have been retaining between your shoulder blades or in the back of your neck .... just dissolve away ... as those muscles relax completely ... becoming loose and limp .... loose and limp. Any feelings of stiffness, tightness or tension now just melt away as those muscles relax completely, becoming loose and limp.... loose and limp.

The feeling of relaxation continues to move on up the back of your head, over the top of your head .... leaving your scalp completely relaxed ... loose and limp .... warm and tingly.

And finally this wonderful feeling of relaxation flows down over your forehead and over your face and as it does, you feel the muscles in your forehead, and around your temples, relax. Your eyes soften as all the tiny little muscles around your eyes relax ... and you especially feel your jaw become very, very relaxed ... leaving a little space between your teeth ... and even your chin and your throat feel very, very relaxed. In fact, your entire head, and your entire body, from head to toes, feels completely and totally relaxed.

All of your muscles feel loose, and limp, and lazy ... and you feel perhaps those good feelings of warmth or tingling or heaviness.... A heaviness that has nothing to do with weight, but a heaviness that comes from a very deep relaxation....

PROGRESSIVE BODY RELAXATION #2

Imagine a wonderful feeling of relaxation now beginning in your scalp .... relaxing the muscles in your scalp .... causing your hair to feel loose. And the muscles of your scalp relaxing.

Now this relaxation travels down your face, relaxing your forehead ... your cheeks, and especially your jaw muscles. Your jaw muscles relax so much that your teeth come slightly apart and your jaw feels loose and relaxed.

Now the relaxation travels down into your neck muscles, and the muscles of your neck easily relax .... so much so that your head feels comfortably heavy.

The pleasant feeling of relaxation now flows down over your shoulders ..... relaxing your shoulders .... especially the area between your shoulder blades .... and these muscles feel loose and relaxed .... loose and relaxed.

Now that gentle sense of relaxation moves down both of your arms .... relaxing your arms ... and down through your elbows ..... relaxing your elbows .... moving down into your wrists .... relaxing your wrists and finally, ... all the way down to your fingertips ..... so that both of your arms feel comfortably, easily relaxed.

The relaxation eases down and around into all the muscles of your chest, relaxing your chest muscles so much that breathing becomes easier and slower ..... And your chest muscles relax.

The relaxation now swirls around into your upper and middle back ... flowing smoothly ..... and up again to your shoulders ..... as though someone is giving you a gentle, pleasant massage.

Now the relaxation swirls around your lower back, bringing with it the most wonderful sense of comfort and peace. And your lower back relaxes ..... and all the muscles in your back and shoulders relax deeply .... easily.

That relaxation travels into your hips ... relaxing your hips .... and moves into your abdomen ... relaxing your hips and your abdomen .... deeply relaxing. And your hips and abdomen relax.

Now that relaxation travels through both thighs .... and through your knees ... And your knees and thighs relax, deeply.

The relaxation moves gently into your calves bringing a peaceful feeling of comfort. And your calves relax. And it may feel as if someone is pulling a warm and soothing blanket of relaxation up over your body,

Now let that relaxation move around and down into your ankles .... into your heels, and your heels and ankles enjoy that sense of relaxation, and relax.

Now move that wonderful relaxation into your arches, so that your arches can share that sense of comfort and relaxation. And your arches relax.

Now let that sense of relaxation move into the balls of your feet, so that the balls of your feet easily, naturally, comfortably relax. And the balls of your feet deeply relax.

For the moment, now, concentrate your attention on your toes. Let your attention focus on your toes. You can allow the muscles in your toes to relax. Feel that sense of deep, soothing relaxation enter your toes. And your toes relax.

This feeling of relaxation moving through your body helps you to relax more and more. And you begin to relax even more deeply than you ever thought possible. Without realizing it, you have altered your breathing rate, you have increased your sense of relaxation. Without realizing it, you may already be entering the deeply relaxed state of hypnosis.

PROGRESSIVE BODY RELAXATION #3

I'm going to guide you through some exercises to help you relax your body completely. So, without a lot of effort or concentration, just allow yourself to move through these exercises as you listen to the sound of my voice.

First, just tighten the muscles of your left arm and hand, making a fist ....and hold it for a few seconds.....

Fine ..... Now release ... Relax ... Feel your arm and hand relax.

Now tighten the muscles on your right arm and hand, clenching your fist. Good .... Hold for a few seconds.....

Fine ... Now release... Relax ... Feel your arm and hand relax.

Each time you release and relax, take a few seconds to feel the relaxation.

Now tighten the muscles of your left leg and foot, curling your toes.

Good ... Now release ... Relax ... Feel your leg and foot relax.

Tighten the muscles of your right leg and foot now, curling the toes.

Fine .... Now release ... Relax ... And feel your leg and foot relax.

Now, squeeze your buttocks together.

And ... release ... Relax .... Feel your buttocks relax.

Now tighten the muscles of your abdomen .... Hold for a second ...

Now release ... Relax ... Feel your abdomen relax.

Arch your back just slightly.

Good ... Now release ... Relax ... Feel the muscles of your back relax.

Tighten your shoulders now by pushing them back as if you are trying to make your shoulder blades touch one another.

Good ... Release ... Relax ... Feel your shoulders relax.

Now tighten the muscles of your neck by arching your neck slightly as if you were trying to look up.

Good .... Now release ... Relax ... And feel the muscles of your neck relax.

Clench your teeth together now, tightening the muscles of your jaw.

Good ... Now release ... Relax ... And feel the muscles of your jaw relax.

Now squint your eyes ...And hold for just a second ....

Good ... Release ... Relax ... Feel your eyelids relax.

Now furrow your brow.

And release ... Relax ... Feel the muscles between your eyes relax.

Now take a few deep breaths.

As you do so, let your breathing become a little slower, a little deeper, without forcing the breath in any way.

Feel any additional tension melting away as you exhale. Each time you breathe out, you feel more and more relaxed.

Now let your awareness travel throughout your body.

If you find any areas that could be more relaxed, feel the tension melt away as you breathe out.

Enjoy the feeling of complete relaxation for a few minutes.

COUNT DOWN INDUCTION

Now, as you continue to relax, silently -- in your mind, begin to count backwards from 100 to 1, and after each number think to yourself "sleep now." If you miss a number or lose your place, just go back to the last number you remember thinking and begin again at that point --- or if you'd rather, just start over at 100.

Just counting backwards from 100..... and after each number, think the words "sleep now." As you count I may continue to talk... you just keep counting and repeating the words "sleep now."

You may want to count slowly, because you're relaxed ... and it feels good to relax .... without rushing .... just relaxing and counting... relaxing and counting .... relaxing and counting....

When you become tired of counting or when you come to the end, just repeat the word "one" over and over again and each time you do you will go into a deeper state of relaxation. ..... Relaxing and counting.... listening to the sound of my voice. Going deeper and deeper with every breath... going deeper and deeper with each count....

(REPEAT THIS PATTER UNTIL YOU SEE THAT THEY ARE VERY RELAXED)

That's fine. I can see you are very relaxed and tired of counting, so just let go of the numbers ..... let go of all thoughts... as you listen to the sound of my voice .....

BLACKBOARD INDUCTION

Imagine a blackboard. You may see it in your mind's eye or you may just remember what a blackboard looks like. Either way is okay.

Now imagine that you're drawing a circle on the blackboard. In the middle of the circle you're going to write the letters of the alphabet one at a time in reverse order... from Z to A. You will also be erasing them one at a time and with each letter you erase, you will become more and more relaxed.

Imagine the blackboard …. Imagine the circle …. Now, into the circle write the letter Z …. Now erase the letter Z …. and go into a more deeply relaxed state …. Write the letter Y …. Now erase the letter Y …. and go deeper and deeper …. Write the letter X ... erase it ... and go deeper still …. Write W erase it …. go deeper …. Now V …. and erase it …. U... .and erase it …. Now T …. . erase it …. S... erase it …. R ... erase it …. and go deeper …. Now Q.... and erase it …. P... .and erase it …. 0.. erase it …. Now N... and erase it …. Write M ... . now erase it …. going deeper and deeper each time …. Now L..... erase it …. K... erase it …. Write the letter J..... and erase it …. Now I... erase it …. Now write H …. erase it .. going deeper and deeper …. G. . . erase it …. F.... erase it …. Now E... erase it …. Write D... and erase it …. C ... and erase it …. Now the letter B .... and erase it …. . Now write A …. and erase it.

So relaxed and so deep. Imagine the circle on the blackboard …. and erase it …. as you let all thoughts of the blackboard go …. Just relaxing ... more and more deeply with every breath …. Imagining what it feels like to just sink into the chair …. mind and body drifting deeper and deeper into relaxation.. deeper and deeper with every breath.

FIXATION INDUCTIONS

NOTE: When using fixation, have the subject turn their upward at a 45 degree angle.

FOCUSING ON AN OBJECT:

Just relax and focus on _____ (my finger, this object, a spot on the ceiling, etc.). Just focus on _____ for the next few minutes as you listen to the sound of my voice. Just concentrating your gaze on _____ . As you stare at _____, you may notice that your eyes begin to feel tired …. perhaps wanting to blink ... and that's alright …. It's alright to let your eyes blink …. As you focus on _____, you may notice your eyes feeling slightly heavy …. Perhaps wanting to close …. perhaps even feeling drowsy or sleepy ….

***Now your eyes are beginning to blink** …. your eyes are feeling heavier and heavier …. but just try to keep focusing on _____ …. even though your eyes may be tired and heavy …. perhaps even wanting to close …. Heavy …. and still heavier. It may be hard to keep your eyes open when they want to close …. In fact you're probably getting tired of holding your eyes open ... wanting to close them …. I can see they are starting to droop …. feeling heavier and heavier …. **Yes, it's alright to just allow your eyes to close …. Just let your eyes close now** …. They can stay closed …. and feel the strain disappear …. Just relaxing now.

***Begin when the subject's eyes begin to blink.**

FOCUSING ON A SPOT:

Pick a spot on the ceiling just above eye level and gaze at it. Keep on looking at the spot as you listen to my voice. You can relax as you stare at the spot. Feel yourself relaxing all over ... going deeper and deeper. As you keep staring at the spot, your eyes will become heavy and drowsy. Your entire body becoming heavier and heavier ... your arms heavy, limp and relaxed ... legs limp and relaxed ... feet feeling so very relaxed ... relaxed all over.

As you stare at the spot, your eyes may begin to tear, to blink ... as you become drowsier and drowsier. Feel yourself getting sleepier, heavier ... a wonderful feeling ... the feeling of relaxation. Your eyes beginning to blink or tear ... they feel like closing ... closing soon. When they close, you'll relax into a deep feeling of peace. Deeper and deeper ... listening to my voice .. . the sound of my voice making you sleepier. It's probably getting harder and harder to focus your eyes ... and it’s okay to allow your eyes to close as you slip into a wonderful state of relaxation .... going deeper and deeper ....

DIRECT GAZE: (Focusing on the hypnotist’s eyes)

(This is used mostly by stage hypnotists.
Most subjects will find this technique slightly intimidating.)

As you gaze into my eyes, you will begin to feel very, very sleepy. Your eyelids will become heavier and heavier ... your eyelids feeling sleepier and sleepier ... heavier and heavier ... wanting to close ...

(Continue patter as you do for other fixation scripts until eye closure)

CONFUSION INDUCTION

Counting Backward by 3's

Using your imagination, think about the number of 397. You know what it looks like ..... three... nine .... seven.... Three hundred and ninety seven. See it in your mind...or just remember what it looks like .... and when I say “Begin,” just start to count backwards to yourself from 397 to 0 by 3's..... You will be counting 397... .394.....391....etc. Anytime you make a mistake, it's all right, you just simply start over again at 397 .... In a moment you’ll begin .... just counting down mentally to yourself .... counting down by 3's .... and if you have to start over again, that's okay ... and with each set of numbers that you count down .... you will go deeper and deeper ..... more relaxed with every countdown. Each breath you exhale will also take you deeper ..... feeling more relaxed and comfortable.

When you begin counting in a moment, I'm going to continue talking ... but you just pay attention to your counting ... give your counting more attention than my words .... BEGIN NOW ... mentally counting down from 397 by 3's ... and with each set of numbers that you count down ... you will go deeper and deeper into a state of relaxation ... feeling the peace and calm and relaxation as it passes through your body and mind.... Just breathing slowly and deeply ... feeling yourself totally relaxing ... while you are counting ...

As you continue to count, I'm going to begin counting also ... I'll be counting down from 33 to 0 by l's. With each number I count you will go deeper and deeper .... you'll be drifting off . ... deeper and deeper as though you are walking down 33 steps. At the top of the steps are all the tension and stress ... the problems and worries .. As you walk down the steps you leave all the pressures behind ... at the top of the steps ... With each number I count, you go deeper and deeper .....

Just continue counting backwards from 397 to 0 by 3's. With each set of numbers you count, you go deeper and deeper .... feeling the peace and calm. I'll begin counting with the number 33 ... 33 steps of stairs ... each stair taking you deeper and deeper .... Stepping down ... 32 deeper and deeper ... now to 31 ... relaxing more and more ... concentrate only on your numbers ... backwards by 3's ... starting over if you need to going down to number 30 ... deeper and deeper .... number 29 ... relaxing .... number 28 .... and now 27 ..... deeper and deeper ....26 .... starting over whenever you lose your place .... number 25 ... and you are relaxing more and more ....number 24 .... harder and harder to keep your place .... 23 .... relaxing ..... and 22 .... going deeper ..... now number 21 .... and 20 ... moving deeper ....number 19 .... and 18 ..... relaxing .....number 17 .... so hard to keep track, but that's okay ....number 16 ... you can start over whenever you need to ....number 15 .... and now 14 ..... as you relax ... perhaps leaving the numbers ....and 13 .... you can let go of the numbers if you want .... number 12 .... relaxing ....number 11 ..... moving deeper ....number 10 ..... that's right, now at number 9 .... going down ....number 8 .... and 7 .... getting lower .....number 6 .... almost there .... number 5 ..... and number 4 .... so relaxed .... as I count number 3 .... and number 2 .... when I reach zero, just let yourself drift off .... just quit thinking about the numbers and let yourself relax completely ... number 1 ... completely relaxed ... and deeper still ... zero .... relaxed. So relaxed ...

CONVERSATIONAL INDUCTION

Close your eyes and focus on your breathing ... breathing fully .... breathing easily ... letting your breath be very full and relaxed .... and with each breath you take, just allow your body to relax more and more ... with each breath allow your imagination to become more fluid and free .... as you let your breath move through your body ... caressing your body into a deep state of relaxation.

Imagine any tension in your body soaking down into the earth, like the rainwater soaks into the ground ..... and feel yourself relaxing more and more with every breath you take ... feel yourself relaxing more and more ... and know that your body will continue to relax more and more as you move through this session ...

Imagine telling your body it <u>can</u> relax now .... and as your body continues to relax, become aware of your mind ... imagine that your mind is as vast as the sky .... which, in fact, it is ... imagine as though your breath were a breeze clearing your mind ....

Let your mind relax ..... and know that as your mind relaxes, your thoughts become softer and easier ... almost as though they were fluffy clouds that pass through an afternoon sky ..... You can watch all your thoughts pass through the sky of your mind ... lots of room for whatever moves through your mind .... It feels good to let your mind relax .... to let your thoughts become softer and easier.

Let your mind be open and clear ... and know that your mind will continue to relax as you move through this session. Feel each breath relaxing your mind more and more.

Feel each breath making your imagination more vivid and clear .... and as your mind continues to relax, become aware of how you're feeling ... Give yourself permission to relax emotionally ....

Imagine letting all your anxieties, all your frustrations, all your worries and concerns to soak down into the ground ..... with each breath you take ..... just like the rainwater soaks into the earth ... and letting yourself feel emotionally safe and secure .... emotionally relaxed .... imagine this relaxation ....

Imagine all your fears, worries and anxieties being washed away by the rain .... blown away by the wind .... cleared by your breath ..... Just as the air is cleared after a storm ... With each breath you are more and more relaxed .... your imagination more and more vivid ... Let your whole being be clear and relaxed ....

It feels good to relax .... So give yourself permission to relax physically, mentally, and emotionally. Feel yourself becoming totally and completely relaxed .....

BLINKING

Just relax. Take a deep breath and allow all the muscles in your body to relax completely. I'm going to begin counting from 20 to 1, and with each count I want you to either open or close your eyes. By the time I reach 1, or maybe even before, your eyes will become so tired and heavy that they'll resist opening and remain closed ... and that's okay.

We'll start with your eyes closed ... number 20, open your eyes, and 19 close your eyes ……... 18 open, 17 close …….. notice your eyes getting heavier ……. 16 open, 15 close ……. perhaps feeling sleepier ……. 14 open, 13 close ……. your eyelids perhaps feeling heavy now ……. 12 open, 11 close ……. soon you'll be able to keep them closed ……. 10 open, 9 close ……. 8 open, 7 close ……. notice the heaviness ……. Perhaps even sleepy ……. or drowsy ..... 6 open, 5 close ……. it's all right to leave your eyes closed ……. 4 open, 3 close …….. heavy ……. and relaxed ……. 2 open, and number 1 close …….. You can leave your eyes closed ……..

FRACTIONATION

May be used as an induction or deepening technique.

Repeat section #2 until subject achieves a desired state.

1.) **(speaking slowly)** Just relax and take a deep breath. Allow your eyes to close. Let the muscles of your body relax completely. As I count backwards from 10 to 1, you will become more relaxed with each count, and when I reach the number 1, you'll be completely relaxed. Number 10 ... beginning to relax ... number 9 ... relaxing a little more ... number 8 ... more relaxed ... and 7 ... even more relaxed ... number 6 ... you can feel your body relaxing ... number 5 ... it feels good to relax ... and 4 ... more and more relaxed ... number 3 ... so very relaxed ... number 2 ... almost there ... and number 1 ... completely and totally relaxed.....

2.) **(speak faster)** Now when I count back from 1 to 10, you'll feel more alert with each number I count and on the count of 10, you'll be fully alert. Number 1 ... beginning to come back up ... number 2 .... coming up more ... and 3 .... feeling a little more alert .... number 4 ... more and more alert .... number 5 ... half way there ... number 6 ... coming more awake with each count .... number 7 .... coming up ... and 8 .... feeling more awake and alert ... number 9 .... almost there .... and number 10 .... wide awake ... open your eyes … and number 10 close your eyes once again ….

(speaking slowly) …… and take a deep, relaxing breath ….. beginning to relax ... number 9 ... relaxing a little more ... number 8 ... more relaxed ... and 7 ... even more relaxed ... number 6 ... you can feel your body relaxing ... number 5 ... it feels good to relax ... and 4 ... more and more relaxed ... number 3 ... so very relaxed ... number 2 ... almost there ... and number 1 ... completely and totally relaxed.....

RAPID INDUCTIONS

POST-HYPNOTIC SUGGESTION FOR RE-HYPNOTIZING

The rapid induction used most often by clinical hypnotherapists is a post-hypnotic suggestion that was given in a previous session.

Before de-hypnotizing the subject, the hypnotherapist gives a post-hypnotic suggestion to trigger the hypnotic state instantly in the next session.

From this moment forward, whenever:

(1) you stretch out in my recliner and take 3 deep breaths,

(2) I say the word RELAX,

(3) I count backwards from 5 to 1,

(4) I touch your shoulder and say the word RELAX

you will immediately become as relaxed as you are right now or you may even become more relaxed.

On subsequent visits, start off with the post-hypnotic suggestion that was given or reinforced in the last session. You may want to follow with some deepening.

THE DAVE ELMAN HANDSHAKE

I'm going to shake your hand 3 times. The first time your eyes will get tired ... let them. The second time, they'll want to close ... let them. The third time they'll lock and you won't be able to open them ... WANT that to happen and WATCH it happen ... Now, one ... two ... now close your eyes ... now three ... and they're locked and you'll find they just won't work, no matter how hard you try. The harder you try, the less they'll work. Test them, and you'll find they won't work at all. That's right.

RAPID INDUCTIONS

QUICK COUNT

Just relax and take a deep breath …. I'm going to count from 3 to 1 …. and when I reach the count of 1…. Just let your head drop forward …. Feel your muscles softening …. Relaxing …. Limp and relaxed…. and you'll find that you are completely and totally relaxed…. On the count of 1 ... completely relaxed …. Okay ... close your eyes ... take another deep breath ... Number 3 ... feeling more relaxed ... number 2 ... very, very relaxed ... and number 1 ... head rolling forward ... muscles limp ... completely relaxed….

STANDING INDUCTION

Facing the subject, place your hands on their shoulders, look into their eyes, and gently sway their shoulders from side to side as you talk. The word "sleep" is often used in rapid inductions to confuse the conscious or analytical mind, and does not mean the subject will go into a "night time" sleep.

Look into my eyes and relax ... you are going into deep sleep ... deep sleep ... your eyes are closing now ... you are going deep asleep ... deep asleep ... your eyes are closed now ... DEEP ASLEEP ... deeper and deeper asleep ... as I guide you into this chair, you will go still deeper ... seated comfortably now ... listening to the sound of my voice feel yourself letting go ... and going ... much, much deeper ...

RAPID INDUCTIONS

ARM LOWERING

To be used with the subject sitting up rather than lying back in a recliner.

Just relax and extend your arm straight out in front of you at about shoulder height. Fine …. Go ahead and close your eyes …. good …. Now…. begin to allow your arm to lower very slowly …. very slowly …. and as soon as your hand touches your lap…. or perhaps, the arm of the chair …. every muscle in your body will relax completely …. every muscle feeling loose and limp …. you'll be completely relaxed …. and in a deep state of hypnosis …. imagine your arm getting heavier and heavier now …. as it descends towards your lap …. as soon as it touches your lap …. or the chair …. every muscle will relax completely …. Your hand is almost touching now and when it does, you will relax completely …. and as soon as it does, your muscles will go limp .... completely relaxed and comfortable ... in a deep state of hypnosis.

UPON TOUCHING:. take a deep breath .... every muscle completely and totally relaxed

PASSES

Passes have been used in hypnosis since Mesmer's time. For this technique, hold your hand, palm towards the face, about 3 inches in front of the subject's eyes and slowly and regularly move it up and down, while the subject's gaze follows it.

Just stare at the palm of my hand …. Fine …. and as you concentrate on my hand .... watching my hand …. and listening to the sound of my voice …. your eyes will become tired and want to close .... That's right .... watching my hand .... perhaps noticing a heavy feeling in your eyelids .... eyes getting heavier and heavier .... watching my hand .... passing up and down in front of your eyes .... yes .... Eyes wanting to close ... getting heavier .... becoming harder and harder to watch my hand .... eyes wanting to close, getting heavier ... and that's fine .... close your eyes and go deeper .....

RAPID INDUCTIONS

KERNELS OF CORN

Subject should be seated in a comfortable chair with their forearms resting on the arms of the chair and their hands extending past the end of the chair arms.

Just relax now and close your eyes …. using your imagination …. just cup your hands and pretend that you are holding two handfuls of popcorn kernels in your hands …. When I tell you to, begin to very slowly turn your hands inward …. as you imagine the popcorn kernels falling out of your hands …. one-by-one ... and as soon as all of the kernels have fallen out of your hands, you'll relax completely …. your wrists will feel limp …. and you'll feel as if you're melting into the chair.

Begin slowly turning your hands now …. and imagine the corn beginning to slowly fall out of your hands …. already starting to feel relaxed …. and when all of the corn is out of your hands …. your wrists will feel limp …. and you'll be completely relaxed …. The corn almost gone now …. when the last kernel falls **…. wrists limp …. head forward …. completely relaxed ... in a deep state of hypnosis.** Imagine melting into the chair …. Now, take a deep breath ... feel the relaxation.

RAPID INDUCTIONS

HAND TO FACE

Subject should be seated or reclined minimally. When the subject is looking at their hand, their eyes should be rolled back about 45 degrees.

Extend your arm and hold your hand in front of your face so that you can see your palm ... hold it just above eye level so that your eyes are rolled slightly back …. that's right …. and just notice any sensations you may feel in your fingers .... You may notice your fingers beginning to spread slightly ….. your fingers spreading slightly …. you may begin to notice very subtle movements in your fingers and your hand .... A slight twitching … almost as if your hand wants to move toward your face …. almost as if there is an urge in your hand to move toward your face …. The movement becoming more distinct now ..... wanting to move toward your face ..... pulling toward your face .... That's right. Just let whatever is happening to happen .... without resistance .... just observing .... as your hand moves toward your face …. And when your hand touches your face …. you'll move into a comfortable state of hypnosis .... completely relaxed .... your muscles becoming loose and limp …. Your hand moving toward your face **.... almost there ... and when it touches your face, you'll be completely relaxed .... totally relaxed ..... Your hand almost there .... moving by itself ..... about to touch your face ... moving more quickly now ... And as your hand touches your face .... EYES CLOSE .... MUSCLES RELAXED ..... BODY RELAXED .... SO RELAXED.**

RAPID INDUCTIONS

SHOCK INDUCTIONS

Hypnosis occurs when something unexpected creates momentary confusion which in turn causes a bypass of the critical faculty.

Sit facing subject …. **knee to knee** …. **feet flat on the ground.**
Hold your right hand …. **palm up** …. **just to the right of your right knee.**

Alright, **_____ (name)** …. just place your left hand on top of mine …. palm down …. that's right …. and just stare at my eyes …. that's right …. and as you stare at my eyes …. just concentrate on my voice …. now begin to push down on hand …. that's right …. put a little more pressure …. that's good ... and just keep pushing ... applying pressure to my hand …. and as you push on my hand, I am going to count from 3 to 1 …. and with each number …. you'll feel yourself relaxing a more and more ..... drowsier …. with each number …. push harder and your eyes will feel heavier .... drowsier ..... 3 ... pushing down .... sleepy, tired, drowsy ..... 2 ... push harder .... sleepy ... drowsy .... your eyes heavy .... and 3 **(PULL HAND AWAY QUICKLY)**

SLEEP! **(Lean forward and draw subject forward to you)**

Completely relaxed …. totally relaxed …. going even deeper now …. 3 …. 2 …. 1 …. relaxed and feeling good …. relaxing a more and more

STAIRWAY
DEEPENING TECHNIQUE

As you continue to relax ... imagine that you are standing at the top of a stairway. You feel very comfortable ... safe and secure. As you look down the stairway, you notice that there are 10 steps leading to the bottom of the stairway. As you count the steps mentally, you feel comfortable ... safe ... secure ... feeling very relaxed.

In a moment, I'm going to ask you to start down the steps ... With each step you take, you will become more and more relaxed. With each step you'll find yourself relaxing more and more ... Start down the stairs now. Step onto step 10 ... and feel your body relaxing ..... number 9 ... going deeper ... number 8 ... stair number 7 ... deeper and deeper ... step 6 ... feeling so relaxed .. number 5 ... moving down ... 4 ... and deeper still .... step 3 ... feeling so relaxed ... number 2 ... just drifting into a peaceful state of relaxation ... and number 1 ... at the bottom of the stairway now ... feeling relaxed ... at ease ... so good ....

Similar techniques include riding an elevator or escalator down, floating down, or any other imagery techniques of moving downward.

HAND LEVITATION

DEEPENING TECHNIQUE

Just imagine that I'm tying some balloons to your wrist …. These are helium balloons …. notice the size and colors …. Use your imagination to think about …. or remember …. balloons …. the shapes …. the colors …. If you're unable to get a clear picture …. just remember what helium balloons are like …. the way they look …. the way they feel …. the way they gently tug at their string ….

Imagine me tying lots of balloons to your wrist …. and your wrist is limp because you are so relaxed …. Just imagine these balloons ..... tied to your wrist …. remembering how it feels when balloons tug on their strings …. and perhaps you can feel the pulling upward on your wrist ..... a gentle tugging as the balloons try to float away.

Balloons wanting to float away …. but they're tied to your wrist …. and you imagine them gently tugging at your wrist. ..... that feeling …. tugging at your wrist. ..... and rather than resisting …. you can let the balloons gently lift your arm up ... you may feel your arm becoming lighter ..... almost as if it were filled with helium ..... like the balloons …. **(If the hand has not moved up by now, continue:)** Imagine me tying even more balloons on your wrist …**(touch the top of the wrist as if actually tying strings)** imagine them pulling upward …. tugging upward …. lifting your arm upward ….(**keep pattering until hand moves up, and if it doesn't say:)** …. you can let the balloons gently lift your arm up ... (**place your index finger under their wrist and gently raise the wrist up slightly)** …. You may feel your arm becoming lighter and lighter ..... almost as if it were filled with helium ..... just like the balloons …. You may allow that drifting upwards to continue... more and more upwards, lighter, floating upwards as you allow the movement to continue on and on, an automatic movement upwards as your subconscious mind lifts that hand, that arm, upwards, one step at a time. Upwards and then more and more. **(repeat as needed)**

RETURNING THE ARM TO ITS NORMAL PLACE

Now, imagine the balloons beginning to deflate …. Imagine that the helium is slowly leaking out of the balloons .... and as the balloons deflate …. they begin to sink ..... your hand and arm beginning to slowly descend .... the feeling of the pull of the balloons lessening .... your hand and arm gently floating back down now.

Allowing your arm to move down now, as the feeling of heaviness increases ..... and it is comfortable ..... to just allow your arm to drift down now …. That's right, letting it return to a comfortable resting position where it can relax completely …. and you can relax completely. As your arm relaxes and your mind relaxes …. you just drift deeper and deeper as I continue to talk …. and your arms and hands feel so comfortable …. your entire body comfortable …. comfortable and relaxed …. That's right.

ARM RIGIDITY
DEEPENING TECHNIQUE

During this exercise, were going to work with your imagination. Just remain relaxed and raise your _____ arm. That's right .... I'm going to help you. Just hold your arm up,

(SUPPORT THEIR ARM WITH ONE OF YOUR HANDS UNDER THEIR ELBOW TO "LOCK IT" AND YOUR OTHER HAND GENTLY PULLING THEIR ARM OUT STRAIGHT)

and imagine ..... begin to feel .... any and all tension in your body moving now from your shoulder through your arm and out your fingers.

(USE YOUR HAND THAT WAS PULLING THEIR ARM STRAIGHT TO GENTLY STROKE FROM UPPER ARM TO FINGERS)

That's right .... the tension just moves through your arm and out the tips of your fingers ..... allow this to happen now .... imagine it .... as if all the tension in your body is moving through your arm ... and as it does, you can feel your arm getting more and more solid .... more and more stiff ..... feeling as if a steel pole is in your arm ..... feeling as if your arm is as rigid as a bar of steel ... Imagine it happening now .... want it to happen .... and watch it happen ..... feel your arm getting stiffer and more rigid ..... Feel your arm getting stiffer as the tension moves through your arm ...

In fact, it's beginning to feel so rigid that it would be difficult to bend .... and if you <u>were</u> to try to bend your arm, the harder you'd try, the stiffer it would automatically become. Go ahead and try to bend your arm now. **(RELEASE THEIR ARM)** Feel how stiff it is and the harder you try, the stiffer it is. That's good. Quit trying now.

Now, I'm going to count from 3 to 1 and on the count of 1, all the tension will leave your arm and your arm will feel so relaxed that your arm will easily bend ..... in fact, all the muscles will become loose and limp .... and your arm will relax completely .... lowering easily into your lap ..... and you'll move into a deeper and deeper level of relaxation ..... Number 3 ... beginning to relax ... number 2 .... the muscles relaxing ... and number 1 .... completely relaxed ... arm loose and limp ... body and mind relaxed and going deeper....

PRESSURE
DEEPENING TECHNIQUE

This can also be used to set a post-hypnotic suggestion for re-hypnotizing

As you allow your body to relax, just enjoy the beautiful feelings of peace and tranquility. It may surprise you to know that it is possible to become even more relaxed and at ease. In a moment I'm going to gently press down on your shoulders and when I do, you'll feel yourself moving DOWN into an even deeper level of relaxation..... And from this moment forward, whenever I apply slight pressure to your shoulders and say the words "Deeper and deeper," you will automatically feel yourself moving DOWN into a deeper level of relaxation .... deeper and deeper into a more relaxed level of consciousness .... Feel yourself going deeper now as I gently press your shoulders.

GENTLY PRESS DOWN ON THE TOP OF THEIR SHOULDERS WITH YOUR HANDS

Deeper and deeper ....

RELEASE PRESSURE, REMOVE HANDS FROM SHOULDERS

And now once again going even deeper .....

APPLY SLIGHT PRESSURE TO SHOULDERS AGAIN

Deeper and deeper ....

(REMOVE HANDS)

Relaxing more and more ... feel your body relaxing

MEMORY & CONCENTRATION

From this moment forward, you are in control of your mental abilities …. especially in the area of learning, memory, concentration, and recall. You do understand at a deep subconscious level that you absolutely do have the power, ability and discipline to do anything you want to do and you choose to perform flawlessly in the area of memory, concentration and recall. You have an intelligent mind and an excellent memory. You set goals and you accomplish them. You always think of yourself as competent and capable in all areas of your life.

From this moment forward, you concentrate easily …. you understand, absorb and retain whatever you focus your attention on. You have an excellent memory and whenever needed …. previous knowledge and awareness to flows to the surface of your mind …. and you draw upon all the knowledge in your mind easily …. You do have an intelligent mind and an excellent memory.

You focus your concentration upon one thing at a time. You always remain fully alert and focused only upon your present activity. It's impossible for you to be distracted by things going on around you because you easily reject all thoughts other than your desired focus. You concentrate your attention and energy at will and each and every day you concentrate a little more easily. You always concentrate fully and effectively …. and you find it very easy to remain focused upon only one thing at a time.

You understand at a deep subconscious level that you are a special person with talents, abilities, and knowledge that have improved each year …. and you have lots of confidence in yourself. You accomplish your goals …. and your life is a series of successes. You recognize all your experiences in life as potential opportunities for growth and learning. You know that you can literally accomplish anything. Your only limitation ever has been your own limited thinking, but from this moment forward, your mind is unlimited …. creative …. You have an intelligent mind and excellent memory.

SELF CONFIDENCE

You know you have talents, abilities and knowledge that improved every year of your life. You have many excellent qualities …. you are intelligent …. responsible …. and honest .... you have a very pleasant personality …. you are kind …. considerate …. and thoughtful .... From now on you are more aware and proud of your many good qualities .... and because of your new awareness …. your confidence and self-acceptance are rapidly increasing.

You do more of what you enjoy doing …. rather than always striving to please others …. It is unnecessary for you to seek approval from others. You act within the guidelines of your own morals …. and beliefs …. within your own value system …. You take pride in doing what is right …. acting from a place of acceptance with all others ….

As each day passes you become more competent and successful as you improve your performance in all areas of life …. You accept challenges and setbacks only as a tool of learning .... always solution oriented …. always ready to use your intelligence …. your common sense …. your creativity …. your sense of right and wrong ..... to resolve problems and difficulties …. It's very easy for you to detach from problem situations and perceive challenges calmly …. clearly …. objectively …. and logically…. so you are dealing with all situations in a positive and constructive way .... always making wise decisions .... decisions based on what is best for you and everyone involved.

You're proud of your achievements .... You think clearly …. sort out your priorities …. know what you want out of life .... and you're willing to take whatever action is necessary to achieve your goals …. refusing to procrastinate or make excuses .... you take quick action to achieve your goals. You're at a point in your life where you are very clear about what you want out of life. You're ready to make positive changes in your life .... and your life is already changing ... your life is getting better and better every day in every way.

You're a wonderful person ..... a very special person ..... every day …. getting better.

STRESS

From this moment forward you feel more relaxed all of the time. You function with a relaxed body and a calm mind. Your mind is always at peace …. and it is impossible for the things that used to bother you to do so any longer …. Each and every day you find that you are handling situations that previously caused stress …. easily …. effortlessly. This happens naturally …. things that once bothered you are unimportant …. undisturbing.

You easily and automatically emotionally detach from stressful situations and negative individuals. You perceive what were once stressful situations ... calmly ... clearly ... objectively .... logically. You always act and react in a very positive …. constructive way .... a way most beneficial to everyone involved …. You refuse to focus on any problem. You perceive all situations ... calmly ... focused entirely on all possibilities of solutions.

Your friends and family are amazed in the calm way you handle all situations. .... The things that used to bother you seem unimportant ... you refuse to waste your energy on useless worry. You easily release all stress and tension without seeking solace in the consumption of food or alcohol …. You release stress in a healthy …. non-destructive way.

You cease to resist the normal changes that are part of life …. You welcome change …. yield to change …. embrace change …. as a natural part of life. A feeling of well-being permeates your body and mind at all times. You constantly take positive action to enrich your life. You expect good things and good things just automatically happen to you.

You always experience a relaxed reality of internal balance and harmony …. always feeling calm…. relaxed …. and at peace .... calm and centered .... always emotionally calm. You are at peace with yourself, the world and everyone in it. You look upon what troubled you in the past with complete emotional detachment. You become calmer and more at peace each and every day and you function more efficiently and effectively than ever before.

GENERAL WELL BEING

From this moment forward, you allow your subconscious mind to constantly and continuously make any adjustments in your thinking that's necessary in order to make your life, and keep your life, perfect in every way. Any repressions or mental blocks that you may have been retaining in your subconscious mind that you need to remember in order for your life to be perfect, do surface... easily, peacefully, harmlessly... at a time and in a way, so that you handle them very easily, undisturbed, understanding them .... and then just setting them aside so that you are unaffected by them. Any repressions, mental blocks, negative thought patterns or negative habit patterns in your subconscious mind that need to just dissolve away, do dissolve away and your life becomes better and better every day in every way.

From this moment forward, the past is unable to affect you negatively. You rise above all past negative experiences ..... leaving the past behind as you move forward with your life .... realizing that although it is impossible to change the past, you are <u>always</u> able to learn valuable lessons from <u>all</u> your experiences in life and, thus, become a better person for having experienced difficult situations.

From this moment forward, you do continuously release and forgive all those in your life, past and present, that need to be released and forgiven. And you feel that all those in your life, past and present, that need to release and forgive you, <u>have</u> released and forgiven you. This release for forgiveness includes most importantly, your own self. You do release and forgive your own self for all past mistakes and you let go of all guilt. You give yourself permission to be happy, healthy and at peace. You refuse to make excuses because you are growing and learning. You are a wonderful person, a very special person and you radiate warmth, joy, happiness and love to everyone around you. From this moment forward, you continuously find new ways to improve your life and every day in every way, your life is getting better and better.

GLOVE ANESTHESIA
SHORT VERSION

Remaining completely relaxed, just concentrate for a little while on your right (or left) hand. As you relax more and more, concentrate on your hand and imagine it beginning to tingle. You may remember a time when your hand or another part of your body went to sleep and felt kind of tingly. Imagine that feeling in your hand now. You may also notice that your hand feels slightly warm or slightly cool ..... your hand beginning to become numb as you imagine those tingly, numb, asleep feelings. You remember that feeling .... let yourself experience that feeling in your hand now.

As I gently stroke the top of your hand and count from 3 to 1, you'll feel your hand becoming even number. With each number I count, your hand will feel number and number .... as if it were a piece of wood or covered by a thick glove. When I reach the count of one, your hand will be completely numb ... without any feeling .... like a piece of wood or as if it were covered by a thick glove.

I'm going to touch you now ... Number 3 .... your hand is getting number ..... Number 2 ..... more and more numb ... very, very numb ..... and number 1 .... completely and totally numb ..... Can you feel the numbness?

I'm going to touch the top of your hand now and you'll feel only pressure. Feeling only pressure now as I touch the top of your hand ..... Let me know if you feel any discomfort.

(TEST FOR NUMBNESS BY PINCHING SKIN ON TOP OF HAND) Fine.

And now, to remove any feelings of numbness, just shake your right (or left) hand and all the natural feeling will return. Do that now .... shake out your right (or left) hand. That's fine ..... all normal feeling returning.

VISUALIZING IN ALL FIVE SENSES

As you remain relaxed and comfortable, I'm going to ask you to think about or visualize some different things. You may get very clear impressions or feelings about certain things I mention and just thoughts or ideas or vague feelings about others. Whatever happens is exactly right for you. The important thing is that you just let go and allow whatever comes into your mind to come. Certain things I mention may even call to mind a past event or memory .... and that's alright, too. I think you'll enjoy this exercise if you'll just allow your thoughts to flow.

I'll be waiting for your signal before I continue to the next item, so when you've received an impression and are ready for me to move on, just let me know by raising a finger on your _____ hand. In fact, raise the finger now that you will use to signal me to continue. Good. Whenever I see the _____ finger on your _____ hand raise, I will continue.

SIGHT

Call to mind a:

Christmas tree Sunrise Purple flower Silver goblet Old house

Police car with lights flashing Snow-covered mountain peak Hammock

SOUND

Think of these sounds:

Church bells Car horn Baby's rattle Marching band Drums

Wind chimes A phone ringing Dog barking Rain on a tin roof

SMELL

Remember these odors:

Fresh bread Coffee brewing Rain A rose Perfume

Gasoline Wet paint Banana B-B-Q smoke

TASTE

Think about what these taste like:

Chocolate A soda Ice Cream Peanuts Lemon

Peppermint Apple Milk Coffee Pickle

TOUCH

Imagine holding:

A teddy bear A hot mug of soup A wet sponge A dirty rock

A piece of velvet A squirmy puppy A handful of sand A crystal ball

Now imagine that you're standing on the seashore at dusk. The gulls are crying out as they circle in the red/orange/purple sky as the sun begins to set. The temperature is pleasantly warm and there's a gentle breeze. You're sipping a lemonade as you enjoy the peace and serenity here.

I hope you have enjoyed this journey through the senses. Your impressions were indications of how you visualize. And whatever is the easiest and best for you is what is exactly right for you.

YOUR SPECIAL PLACE

As you continue to relax .... use your imagination and imagine yourself in a special place .... a peaceful ... quiet .... and comfortable ... place. Just allow your mind to drift .... across time .... across space ... to a place ... that is peaceful ... comfortable ... and safe. A place that brings forth feelings of contentment and happiness ... Whatever comes to mind that means those things to you ....

Allow yourself to begin to experience ... all the sensations of this place ..... the peace ... the comfort ... the feelings of safety .... and happiness ... Just allow whatever ideas or thoughts come into your mind ... You may even remember and experience a special place ... a safe place .... wherever that is for you .... And notice all those wonderful sensations of peace .... comfort .... and happiness that are part of your special place .... Notice all the things around you .... Listen to the sounds and noises ... You may, perhaps, notice smells or aromas ... Taste and touch whatever you wish to taste and touch ...

As you allow yourself to experience everything in this place ... you'll notice that those feelings of peace, tranquility, comfort, safety and happiness... are intensified ... becoming part of you ... imprinting on your mind and heart ... taken deep within you ... as you move into an even more deeply relaxed state ... so comfortable and at peace .... feeling so content and so very, very relaxed ...

And whenever you focus your mind on this special place, you'll find the feelings return immediately and you may even choose to allow those feelings to become stronger ... and more a part of you ... Just allowing yourself to enjoy this special place more and more... and you may notice that your enjoyment is heightened every moment you mentally spend here ... So for a few moments just enjoy this very special, peaceful place ... Let yourself experience it fully and know all the parts of this wonderful, safe place ... Allow yourself to enjoy the peaceful feelings that this place calls forth in you.

Whenever you enter your special place, you'll be able to feel and experience all emotions in their proper perspective ... And in your special place you realize that you can retain all of these wonderful, peaceful feelings in your normal waking state ... In fact, whenever you even think of your special place, the wonderful, peaceful feelings that you are feeling now, will return instantly and stay with you for the remainder of your day .... benefiting you in a very positive way .... and you'll enjoy the pleasure it brings.

Know that you can return to this special place any time you so desire. Imagine yourself in your special place now... Feel yourself in your special place now... Enjoy your marvelous and wonderful safe place now and relax even more ..... So very relaxed and so very comfortable now... And relaxing more and more in your very special place.

To return to your wonderful, tranquil, relaxing and safe place ... at any time ... all you have to do is close your eyes and take a few deep relaxing breaths ... and just imagine this wonderful place ... and as you imagine your special place, you'll automatically remember the feelings that make this place so special to you .... You'll experience the feelings of peace, comfort and happiness regardless of where you are or what's going on in your life.

YOUR SPECIAL PLACE
SHORT VERSION

Imagine yourself in a special place …. a peaceful …. quiet …. beautiful place …. You mentioned _____ ***(use the place they told you, if possible)***

Notice the temperature of the air … the ground beneath your feet …

Remember the way everything looks …. the scenery …. the view ….. the beauty of it all … Just take it all in ... thinking about it …. remembering perhaps … or imagining …

Remember the way it smells …. and the sounds that are common to this place ….

But most of all … think about the way you feel …. in this beautiful … wonderful … special place … This is your place … a place you can return to anytime … and anytime you think about this wonderful place, you'll automatically feel calm … peaceful … and serene.

ESTABLISHING FINGER SIGNALS

In a little while I'm going to ask you some questions which can be answered very easily by indicating the answers "yes," "no," "I don't know" and "I don't want to answer". You can do this by raising a certain finger on either hand.

Before we start it is necessary to establish some signals and you can do this by lifting the appropriate finger in answer to my questions. As I ask the questions, move whichever finger you like ----- you don't need to wait for it to move by itself.

(1) Which finger will signal the answer "yes"?

(Wait until you see a finger move, then proceed with steps A through C)

(2) Which finger will signal the answer "no"?

(Wait until you see a finger move, then proceed with steps A through C)

(3) Which finger will signal the answer "I don't know"?

(Wait until you see a finger move, then proceed with steps A through C)

(4) Which finger will signal the answer "I don't want to answer"?

(Wait until you see a finger move, then proceed with steps A through C)

ONCE A FINGER HAS BEEN RAISED IN RESPONSE TO YOUR QUESTION,

PROCEED AS FOLLOWS:

(A) Fine. You can put that finger back down now.

(B) Your (right or left) _____ (index, middle, ring, pinkie, thumb) finger means _____.

(C) When I touch your (right or left) _____ finger, just raise it up and think the word (yes, no, I don't know, I don't want to answer) then put it back down We'll do that now.

(Touch the finger lightly, wait for it to rise and descend, say the word (yes, no, I don't know, I don't want to answer)

QUESTIONING THE SUBCONSCIOUS

After hypnosis has been induced and finger signals have been established, the hypnotherapist may want to ask questions in the six common areas that cause difficulty. Examples of questions in each category follow.

(1) CONFLICT

"Is this condition caused by a conflict in your mind between the desire to do or have something and the fear or guilt about the consequences?"

"Does this condition come from feelings of guilt about something?"

"Is the condition punishment for something you did, said, or thought?"

(2) SECONDARY GAIN

"Is this condition serving another purpose?"

"Is this condition serving to protect you in some way?"

"Is this condition giving you an excuse for not doing something?"

"Is this condition giving you an excuse to do something you want to do?"

"Are you using this condition to gain sympathy or attention?"

"Does this condition prevent you from doing something?"

(3) ACCEPTED SUGGESTIONS

"Has anyone ever said anything to you that might be resulting in this condition?"

"Did you ever hear anything that may be causing or contributing to this condition?"

(4) ORGAN LANGUAGE

"Is this condition a physical manifestation of thoughts you hold about an unpleasant experience in your life?"

"Is this physical condition associated in anyway with the way you feel about something else in your life?"

"Are the teary eyes, runny nose, etc. taking care of the need to cry?"

(5) IDENTIFYING WITH ANOTHER

"Are you identifying with someone else that has this condition?"

"Are you trying to be like someone else that has this condition?"

(6) PAST EXPERIENCE

"Is this condition associated in some way with a past experience?"

"Is this condition a result of a past experience?"

BRACKET YEARS TO DETERMINE AGE

"Was it before the age of 10 years?"

"Before the age of 5 years?"

"Before the age of 3 years?"

"Before your first birthday?" etc.

ALLERGIES
Sample Questions

Is it all right for you to know the reason for your allergies?

Is the allergic reaction caused by a conflict in your mind about something you want or something you want to do and any fear or guilt about that?

Is the allergic reaction caused by guilt about something?

Does having this allergy protect you in some way?

Does having allergies give you an excuse not to do something?

Do you enjoy the attention and sympathy which you receive because of the allergy?

Is the allergy a result of something that someone once said to you? Something you heard?

Does this allergy conceal your need to cry?

Is there anything happening in your life that you feel allergic to?

Is there anyone in your life that you feel allergic to?

Is your allergic reaction related to some specific part of your life?

Are you identifying with someone that is allergic?

Is the allergy associated with a past experience? (Bracket years to find age.)

Was it before the age of 10 years?

Before the age of 5 years?

Before the age of 3 years?

Before your first birthday? etc.

DENTAL PHOBIA
Sample Questions

Is it all right for you to know the reason for your fear of dentistry?

Does this fear and the anxiety it causes you fulfill a need to be punished?

Does displaying fear of dental procedures serve any other purpose?

Does your fear of dentistry give you an excuse for something?

Do you enjoy the attention and sympathy you receive as a result of this fear?

Has anyone ever said anything to you that resulted in this fear?

Have you ever heard anything that resulted in your fear of dentistry?

Is this fear associated with the way you feel about something else in your life?

Are you identifying with someone else that was fearful of dental work?

Is your fear of dentistry associated with a past experience?

More than one?

Did the first experience happen _____ (Bracket years to find age)

Was it before the age of 10 years?

Before the age of 5 years?

Before the age of 3 years?

Did a dentist do something that caused this fear when you were ____ (age)?

Is this fear associated with a particular instrument the dentist used?

Is this fear associated with an injection you had?

Is this fear associated with the dentist himself?

INSOMNIA
Sample Questions

Is it all right for you to know the reason for your insomnia?

Is there some inner conflict that keeps you from sleeping?

Does this conflict involve sex?

Does it involve death?

Are you associating sleep with death?

Are you afraid you may die while asleep?

Does fear keep you from sleeping?

Are you afraid of nightmares?

Are you punishing yourself by staying awake?

Does failing to sleep serve another purpose?

Does failing to sleep give you an excuse for doing or not doing something?

Is failing to sleep causing you to receive attention and sympathy from others?

Has anyone ever said anything to you that resulted in the failure to sleep well?

Have you ever heard anything that is associated with your lack of sleep?

Is your failure to sleep well associated with the way you feel about another part of your life?

Are you identifying with someone who had trouble sleeping?

Is there an emotional or psychological reason you have difficulty sleeping?

Does worry prevent you from sleeping?

Does your expectation of insomnia keep you awake?

Is this insomnia connected to a past experience? (Bracket years to find age.)

WEIGHT LOSS
Sample Questions

Is it all right for you to consciously know the reason you are overweight?

Do you have a conflict in your mind about sex which is associated with your weight or eating habits?

Are you using the extra weight to hide from something?

Is being overweight associated with guilt about something?

Are you using the extra weight to punish yourself?

Does being overweight serve another purpose?

Does being overweight protect you in some way?

Does being overweight give you an excuse not to do certain things?

Has anyone ever said anything to you that has resulted in your being overweight?

Did you ever hear anything that caused you to be overweight?

Is this overweight condition associated with the way you feel about something else in your life?

Are you identifying with someone else who is overweight?

Is there some reason your body needs to weigh more than _____ pounds?

Is an emotional reason the cause of your being overweight?

Do you overeat when you feel _____ (rejected, lonely, depressed, angry, guilty, anxious, worried, etc.)?

Does overeating make you feel secure?

Do you eat as a reward?

Is there a thought, idea or belief in your mind causing you to be overweight?

Is your overeating (or need to be overweight) associated with a past experience? (Bracket years to find age.)

PAIN
Sample Questions

Is it all right for you to know the reason for your discomfort?

Is this condition a result of something you feel guilty about?

Is the discomfort caused by fear about something?

Is this condition a form of self-punishment?

Is this condition giving you an excuse for something?

Are you using this condition to acquire sympathy or attention?

Does this condition prevent you from doing something?

Has anyone ever said anything to you that might have caused this condition?

Is this discomfort associated in any way with the how you feel about something else in your life?

Are you identifying with someone that has or had this condition?

Is the discomfort a result of thoughts you hold about something unpleasant in your life?

Is this condition related in some way to a past experience? (Bracket years to find age.)

REGRESSION
EXAMPLES OF SUGGESTIONS USING AN INDIRECT APPROACH

GOING BACK TO THE CAUSE

Your subconscious mind has its own time line. It understands everything that has ever happened in your life. It knows what caused it and what the outcome was. As you continue to relax, just allow your subconscious mind to move back easily through the years to something important that happened that ultimately caused this condition. Signal "yes" with your finger when it has found that something.

COUNTING DOWN TO AN IMPORTANT EVENT

Everything that you've ever seen or heard or experienced is stored in the memory of your subconscious mind. And everything that is stored in your subconscious mind can come back into your conscious mind if you want it to. Since you'd like to know the reason for _____, all you have to do is relax .... and while I count backwards from 10 to 1, your subconscious mind will travel back in time .... to a time when something important occurred in your life that caused this condition to be formed. Just let you mind relax .... I'm going to begin counting backwards now, and when I reach the number one, you will remember something that happened that was important to the formation of your current condition. ..... Number 10 ... relaxed and going back ... number 9 ... moving back in time ... number 8 ... relaxing more ... 7 ... your mind moving easily back in time ... number 6 ... going back ... 5 ... getting closer to an important memory ... 4 ... without force, just letting old thoughts and ideas flow through your mind .... number 3 .... almost there ... number 2 ... a thought or feeling or idea will pop into your head in a moment .... and number 1 .... what do you remember right now? **(NOTE: YOU CAN ALSO ASK ABOUT WHAT THEY FEEL)**

REGRESSION

EXAMPLES OF SUGGESTIONS USING A DIRECT APPROACH

COUNTING BACK FROM PRESENT AGE TO TARGET AGE

Your mind is like a storehouse. Everything you have ever experienced is stored accurately and completely in your mind and is available for you to review at any time you wish. I'm going to count from your present age of _____ to the age of _____. As I do, you'll move back in time ..... back in time so that when I reach the count of _____, you'll be _____ years old. Your subconscious mind will provide all the details of what happened at that time, all the information that is pertinent ... so that you understand the reason for your current condition. Going backward in time .... Number ____, you are ____ years old. And now, number _____ ... going back in time ... number ____ ... moving back .... ____ going back farther .... number ____, the age of _____, getting younger ....____ going back .... number _____ back farther in time .... ____ getting younger .... number _____, your mind drifting back .... ____ moving back in time .... number _____ getting closer to the cause .... number ____, memories and thoughts going through your mind .....

(KEEP PATTERING AND COUNTING UNTIL YOU REACH THE TARGET AGE)

..... and number _____. You are _____ years old. ..... Tell me what's happening.

(ENCOURAGE THE SUBJECT BY ASKING FOR THOUGHTS OR FEELINGS,

EVEN IF THE EVENTS ARE UNCLEAR)

REGRESSION
IDEOMOTOR WITHOUT CONSCIOUS RECALL

As you continue to relax, your subconscious mind now begins to search through the information stored in your mind in order to discover the cause of this condition. When your subconscious mind locates the reason for this condition, it will signal me by raising the "yes" finger. **(WAIT ON FINGER SIGNAL)**

Now that your subconscious mind has located the cause of this condition, it will now begin reviewing all pertinent information and will work out a solution to this problem and signal me by raising the "yes" finger when an acceptable solution has been found.

(WAIT ON FINGER SIGNAL)

Does your subconscious mind agree to utilize this solution in order to eliminate the problem (and physical symptoms)?

(WAIT ON FINGER SIGNAL)

FOR "YES" ANSWER:

You've done very well during the session and even now, your subconscious mind is processing the information --- taking whatever steps are necessary to implement a peaceful, easy solution to this and any related problems or difficulties that may be causing any blocks to your complete happiness. From this moment forward your subconscious mind works to continuously release and let go of any mental blocks, negative habit patterns, repressions or old beliefs that hinder you in any way from attaining peace and happiness.

FOR "NO" ANSWER PROCEED WITH MORE "UNCOVERING" QUESTIONS

Is there a reason you need to keep this condition? Do you know the reason?

Does this condition exist as a form of self-punishment?

Does this condition exist because of guilt you feel about something in your life?

(KEEP QUESTIONING AND ATTEMPT A REGRESSION)

REGRESSION
USING FEELINGS AND THOUGHTS TO LOCATE CAUSE

PRETALK

During the pre-talk, the client should be encouraged to describe the problem in detail giving as many examples of occurrences as possible and including the most recent occurrence. Make sure to ask specifically about the feeling or emotions that were present at the time.

INDUCE HYPNOSIS

Use any effective induction, but make sure the client remains in a light enough level so that they are able to converse with you during the session.

HAVE THE CLIENT IMAGINE BEING IN THE PROBLEM-PRODUCING SITUATION

Use the most recent occurrence or the one with the most emotional impact. Have them visualize using all the senses. Make sure that the client feels the emotions that were present.

> "Just let your mind drift back now to a time (or the last time) that you were experiencing this problem (describe). Let yourself be there fully and tell me what's happening."
>
> **(Ask questions about what all they see, hear, smell, feel)**

ASK FOR THE THOUGHT ON THEIR MIND AT THE TIME

This will usually be expressed simply and concisely. It may be the actual words someone said to them, or the client's subconscious interpretation at the time. It is usually a direct statement of a single, powerful thought to which the client is compelled to conform.

> "What are you thinking?"

TRACE THE THOUGHT BACK TO THE ORIGIN

Here's an example of one way to word the regression:

> "Now, return in your memory to the time when you first created this thought and felt exactly the way you are feeling right now. I'm going to count back from to ten to one to give your inner mind time to organize this for you. When I say the word 'one,' a memory will form in your mind and continue forming until it becomes clear, and you will be feeling just the way you feel now." **(Count 10 to 1)** "What's happening?"

ABREACTION

An abreaction will probably happen spontaneously at this point, if not, encourage the client to experience all the emotions connected with the scene. You may want to have them keep re-telling the experience until all emotion has been dissipated.

FURNISH INSIGHT

Provide conscious understanding of the situation. You may remind the client that either:

(1) an untrue thought was accepted

(2) the thought, although appropriate at the time, became inappropriate when the situation was over and can now be removed.

REINFORCE THAT THE PROBLEM IS RESOLVED

This can be done in a variety of ways which include:

(1) Visualize an upcoming situation with the problem resolved.

(2) Re-script the Initial Sensitizing Event or a previous situation in a positive way.

(3) Use imagery of pulling a weed out of the "garden of the mind."

(4) Positive suggestions that the problem is now resolved forever.

REGRESSION
DIRECT REGRESSION TO A SPECIFIC AGE

Is it all right for _____ (name) to recall their _____ birthday?

In a moment I'm going to count back slowly from your present age until you are back at the age of ____...

As I say each number, beginning with your present age, you will feel yourself becoming younger, and if you move through your teenage years, you'll notice yourself becoming smaller physically ...

As I count back slowly, just let go of any experiences that happened after the age the number represents ..... just let go of those memories and the experiences of those years .... and your memory of earlier ages in your life will automatically increase...

When I reach the number _____, you will be back at the age of ____ ... When you get to the age of _____ you will be able to remember and recall everything that happened at that age.. You'll remember and recall your life as it was then...

You'll feel the same feelings and think the same thoughts as you did at the age of ____.

When you arrive at the age of ____, it will be your birthday... If you had a birthday party at this age, you'll be at your birthday party...

I'm going to be guiding you, and you'll hear my voice as I talk to you... You'll respond to all suggestions and instructions I give you..

You will easily recall the experiences the way they happened at the age of ____.

You will recall and remember only real experiences the way they happened at the age of _____.

As soon as you are ___ years old, you will tell me, out loud, everything that is happening...

During these experiences, you will be aware only of what is happening at that age, and you'll always be aware of my voice ...

After you have finished reliving the experiences from your past, I'll count you back to your present age and you'll easily be back in the present time .... coming back to full consciousness when instructed to do so.

During the time you are remembering those experiences from the age of _____ , you'll let go of all memories from your present age and your present time ... the present will simply be unimportant. You'll be aware only of what is happening at the age of ____, and any other ages that I suggest to you after we've examined the age of ____ ... You'll always hear my voice and follow my instructions as I guide you through this experience...

Okay, I'm going to begin counting backwards now from your present age as you become younger and smaller.

(Begin counting backwards from the present age to the target age. Keep mentioning that the subject is getting younger as you count. When you reach an appropriate teenage year, begin mentioning also that they are becoming smaller. When they reach the target age, continue as specified below.)

Now you are ____ years old, it is your ____ birthday ... Look around and tell me what's happening ...

(Continue to guide the subject when necessary by asking questions)

What are you wearing? What are you doing?

Who is there with you? How do you feel?

Is there anything else you want to tell me?

Returning to Present Age

You've done fine, _____ (name). It's time now for us to leave this memory, so I'm going to begin counting back up from ____ to _____ (present age). As I count up, you'll move forward in time until you're back to your present age. When I reach the number _____ (present age), everything you've recalled will remain part of your memory, but you'll be once again _____ years old (present age). You'll feel relaxed and at ease and continue to remain in this relaxed state until I ask you to open your eyes.

Count the subject back to their present age, furnish some insight if necessary, positive suggestions, and dehypnotize.

REGRESSION
TRANSFORMING FEELINGS WITH IMAGERY

Imagine yourself surrounded in pure, white light ..... As if you were bathed in the light of the shining star .... or a moon beam ... feel yourself infused with tranquility, clarity and wisdom. And as you experience the peace, the tranquility, the clarity and the wisdom, know that you are totally protected throughout this session. Your own higher mind, your subconscious mind will only allow you to experience what is safe and comfortable for you as we begin to work together in the most creative way possible for your personal transformation.

I'm going to be quiet for a minute and while I am quiet, ask your Higher Self, your personal Guide, or God for permission to know the cause of an unpleasant feeling you've been experiencing. When you get the feeling that it is all right to continue, just gently nod your head to let me know and we'll continue. **(Wait for the sign to continue.)**

All right. Focus now on a feeling that you wish to be free of ..... a feeling that bothers you or upsets you or causes you pain ..... an uncomfortable feeling. In order to help you feel the feeling, think back to a recent time when you felt that feeling ..... and as you remember the event, allow the feeling to become stronger and stronger ..... as strong as feels safe for you to feel it. When you are there and experiencing the feeling as strongly as possible, let me know by nodding your head. **(Pause for sign.)** Okay. Fine. Hold on the feeling and let go of the experience ..... just stay with the feeling .... allow yourself to feel it as strongly as possible.

In a moment I'm going to count from 10 down to 1 and when I reach the count of 1, you will automatically find yourself back in a time that was very important to the formation of that feeling. ..... back at the source of that feeling. 10--Just staying with my voice .... 9. --Knowing you are protected, feeling the feeling as strongly as is safe for you to do so ..... 8--Going back to a time very important in the formation of that feeling ..... 7--Feeling the feeling, imagine yourself drifting back down a tunnel of time ..... 6--If you choose, imagine yourself getting younger, smaller ..... 5--Drifting ..... floating back ..... way back through time and space ..... 4--Feeling the feeling way back ..... 3--Almost there, almost back at the source of the feeling ..... 2--Knowing you are only going to experience what is comfortable for you to experience ..... 1--You are back there now. Allow the images to flow easily and freely into your mind.

Where are you now? Are you inside or outside?

About how old are you? Are you alone or is there someone with you?

Allow the images to become clearer and clearer. What are you experiencing?

Become vividly aware of what it is that is happening. Become aware of the feelings you are experiencing, as you allow yourself to know more and more clearly the source of your feelings. Take a few moments now and allow yourself to know exactly what is happening and the feelings that are being created in you. When you're done, nod your head. **(Pause)**

It's time now to begin the process of letting go ..... letting go of the power of those feelings. First, feel those feelings way back then as strongly as is safe for you to do so. And as you feel the power of those feelings, physically release those feelings by imagining yourself removing them from your body .... removing all past painful feelings ..... Create your own image of what these old feelings look like and imagine yourself vigorously removing them from your body ..... imagine putting them into some kind of container ..... it might be a box ... or a bag of some sort .... anything that will hold them for now ..... imagine removing them from your body, putting them in a container .... and feel your body becoming lighter and lighter. Now throw out the last of those old feelings ..... throwing them all into a container of some sort ..... out of your body and into a holding area.

Now focus your attention on the container full of your old feelings ..... and now, imagine destroying the container full of all those old negative feelings. You might set fire to it .... or blow it up .... or toss it into the sea .... whatever images come to mind of the best way to be rid of that container full of all the old feelings. And watch it disappear. Watch the container and feeling cease to exist .... go away ..... And as you watch, you feel free. As you watch, the feeling and the container holding them just disappear and there is nothing left .... Just the spot they used to occupy. Allow the memory of the feelings and the container just fade from your mind.

Now ask your higher self for its support. Ask your higher self to transform the energy field of the old feelings into new feelings of love, comfort and support. Do this now and when you have the feeling that it has been done, nod to let me know. **(Pause)**

Good. Just continue to detach yourself from these old feelings ..... and in your mind become aware of all the people connected to that old scene that you had strong feelings about. It is time to forgive. So for each person involved, focus on your heart and forgive each of them from your heart. When you have done this, nod to let me know. **(Pause)** Fine. Now, forgive yourself and nod to let me know when this is done. **(Pause)** Good. Now ask each of them to forgive you and let me know when this has been done by nodding again. **(Pause)**

(NOTE: If they have problems with any part of the forgiveness, you can instruct them to "do this to the extent you feel able and then ask God to forgive them for you .... and know it <u>is</u> done.")

Good. Now, imagine that there is a cord attached from your solar plexus to each person involved in the scene. Take something now and cut each cord, and as you do, feel a strong energy flowing through you as your power returns to you. Nod when this is done. **(Pause)**

You're doing fine. Now, send each person feelings of love and support for their own creative power. Nod when this is done. **(Pause)** Good, now send yourself deep feelings of love and support. Let me know when you feel the love and support. **(Pause)**

Fine. Now, focusing on the feelings of love and support, go back and change that old uncomfortable scene. Create it however you wish. Change the actions of those involved and give yourself what you want or change the way you feel about it. Do whatever feels right to you. Change the scene while retaining the feelings of love and support ....Imagine the experience in a new, transformed way. Allow yourself to feel very loved and good about yourself. Feel your new positive self-image. When you have done this, let me know with a nod. **(Pause)**

Wonderful. Now, allow yourself to come gently back into the present and feel this powerful, loving, positive energy ..... Feeling good about yourself ..... knowing that you are learning your life's lessons .... quickly and easily ..... with grace and ease ..... seeing every situation with light and clarity.

From this moment forward, whenever something you experience causes negative feelings, you immediately realize that the feelings are coming from <u>within</u> you rather than what's happening ..... and you immediately make any adjustments in your thinking that's necessary so that you easily and automatically emotionally detach. You understand .... at a deep subconscious level .... that it is important to view all people .... especially those who cause unpleasant feelings .... as your teachers ..... showing you something you need to learn. From this moment forward, you cease to judge others and view them in a creative light ..... and you cease to judge yourself. From this moment forward, your personal situation begins to improve and external situations are unable to affect you negatively. You always experience a feeling of peace and clarity.

Focusing once again on your heart ..... You know that you have a kind and loving power within you that guides you at all times. This part of you is gentle and supportive in helping you achieve your true creative potential.

Move 5 years ahead in time now, and imagine yourself as a very happy successful person ..... Be aware that the images you are placing in mind are always flexible and you can change them whenever you choose. And, as you imagine yourself 5 years from now, become aware of all the positive changes you've made in your life ..... Take a look at your body ..... How healthy you feel! ..... Focus on your thoughts and feel how good you feel about yourself ..... Become aware of your lifestyle ... your work ..... your family ..... your friends ..... give yourself everything that makes you feel good ..... As you see and feel yourself as that person, know you already are that person! Know that deep within you, you have everything you need to consciously be exactly who you want to be. You are already that person. And you know that as you focus your mind on the energies of that person, you experience being that person more and more on the reality plane. You are experiencing more and more who you truly are ..... Just feel how good it feels.

In a moment I'm going to count from 1 to 10, and when I reach the count of 10, you'll open your eyes and be back in the room feeling wonderful, feeling refreshed, feeling peaceful, feeling that everything is right in your world.

1--Start to feel energy moving up through your legs to your waist.

2--Feel the energy now flowing up to your shoulders.

3--Feel energy now flowing through your entire body.

4--Imagine your whole body being bathed in a fresh spring of cool refreshing water.

5--Imagine all around you are hundreds and thousands of energy bubbles full of all the things you desire in life--all the love, all the health, all the joy, all the creativity, all the success, all the fulfillment.

6--Imagine all the wonderful energy flowing into your body.

7--Feel your body now becoming so alive with this wonderful, creative energy.

8--Getting ready now to open your eyes and to come back into the room.

9--Feeling so wonderful, so powerful, so loving as you prepare to open your eyes.

10--When you are ready open your eyes and come back into the room. Alert, awake and feeling good.

REGRESSION
LOCATING A LOST OBJECT

PRETALK

During the pre-talk, the client should be encouraged to describe in detail the last time he remembered having the object. What day and time, what he was doing, thinking, anticipating? If it was in a house or building, how many rooms does it have? Who else was there? In order to regress to the time just prior to misplacing it, you need to know as much as possible. Also have him describe the object itself in detail.

SCRIPT

As you continue to relax, imagine the object in your possession. Take in all the details. Notice all the intricacies of how it looks ... how it feels ... any smooth or rough parts ... notice the temperature of the material as you touch it .... hold it ... You know it well .... It is something of yours..... Notice the feelings within you as you gaze upon it ... handle it ... notice how good it feels to have it once again in your possession.

Your subconscious mind knows exactly where it is. Your mind is a memory bank and holds a clear memory of the last time you had it. We're going to begin to work with your mind to help those memories surface .... and as you continue to relax, just allow any thoughts or ideas that come to gently flow in and out of your mind ... without force ... without stress .... just let any thoughts or ideas flow.

Go back in time now to the morning of _____. **(From this point forward, lead him through the hours prior to misplacing the article. You may ask occasionally for confirmation that he is remembering clearly. Stimulate all the senses. Ask about the temperature, what others were saying, how he is feeling, etc.)**

And now you are moving slowly to the place where you last had _____. I'm going to count from one to three... When I reach the count of three, you will be at the place where you last had _____. You will see yourself as having already found it. You'll find it right where you left it, or where someone else moved it.

One ... two .... three .... Tell me the thoughts coming into your mind.

(If it is still unclear, encourage "random possibility" thoughts to surface---like gentle brainstorming. It is also helpful to have them stand in the doorway of each room and look around the room--from floor to ceiling, walls and furniture--and let more gentle thoughts move through their mind. If they don't get a strong impression, assure them the memory will surface in the next few days.)

Now that the door to your mind has been opened, more memories will begin to surface ... and over the next few days, you'll find that you know exactly where to look to find what you've misplaced.

REGRESSION
WATCHING LIFE SCENES ON TV

As you continue to relax, imagine a large television set in front of you... It is a set with remote controls, and the controls are in your hands...

Later when you turn the set on, you'll remain relaxed as you view the scenes, and you'll be able to change the channel or turn the set off whenever you want.

When the picture becomes clear, you will notice that it is showing a scene from your own life...

Perhaps it will be like a personal news flash, or it may be review of your early school days, or a review of your early family life, or it may be showing something with regards to your marriage or employment...

You may wonder what you will be seeing on the television set, but in a moment, when I ask you to turn the set on, you'll see the images clearly and tell me what you see...

On the count of three, turn on the set. One ... two ... three .... Turn on the set and tell me what you see ...

Thanking the Body

Turn your awareness to your body. It is time now to thank your body for all that it is and all that it does. Gratitude is a healing emotion. As you move through the various parts of your body, feel the gratitude coming from the depths of your being --- from your body and your mind. Allow yourself to feel the gratitude emanating from every cell of your body.

Start at the top of your head. Think about your scalp. Picture the hairs --- each attached to your scalp .... covering and protecting your scalp. Send your awareness down the hairs .... below the scalp. Imagine all the roots .... each attaching the hair to your head. Thank your hair for being there for you .... Thank your scalp for its protection ..... Imagine your scalp thanking all the skin cells for allowing it to exist ..... Now go a little deeper and be aware of your skull .... Send thanks to your skull for its strength and protection ..... Imagine your skull sending thanks to the bone cells which enable it be what is .... for providing the skeletal structure for your body.

Now send your awareness even deeper into your brain .... Thank your brain .... send words of appreciation to your brain ... the source of your intelligence .... a wonderful computer that enables your body to operate at maximum level and provides you with the means to manifest all that you desire in life.

Move now to your eyes ..... and thank your eyes for the sense of sight ... ask your eyes to show you, always, what is beneficial for you to see ... Thank your eyes for the beauty you behold in your life due to their existence.

Now think about your nose .... and thank your nose for the ability to breathe the breath of life .... for its respiratory function .... and for your marvelous sense of smell which allows you to enjoy all the aromas that make life special.

Bring your awareness down to your mouth and tongue .... and thank your mouth for the sense of taste which allows you to enjoy a wide variety of foods which nourish your body and aid in good health .... Thank your mouth for the digestive function which begins there.

Let your awareness slide down your throat into your stomach .... thank your stomach for its digestive capability .... a great chemical laboratory which digests all the combinations of wonderful foods you eat and enjoy.

Surrounding the stomach are the liver, pancreas, spleen, and gallbladder. Thank these organs for the contributions they make to digestion and other bodily functions .... And at the bottom of the stomach, is your small intestine. Imagine it .... a twisting, turning tube .... and thank your small intestine for the work it does in the digestive process .... and for the function it provides in the absorption of nutrients .... As it twists through your body, it leads to the large intestine .... Imagine the large intestine, or colon, where the appendix is located, thank your large intestine for its disposal work .... one of the most important functions of the body ..... that of eliminating waste and toxins which would be harmful to your body .... Thank your intestines and colon for the beneficial function they provide.

With your awareness still in this area of the body .... thank your kidneys for cleaning your blood of toxins .... for eliminating wastes from your bloodstream .....

Thank your reproductive organs .... and thank your abdominal muscles which hold all your lower organs in place ..... In fact send thanks and appreciation to all of the muscles and tissues of your body .....

Now, think about your blood veins and arteries ..... Thank the veins and arteries for remaining clean, providing good circulation of the blood to all parts of your body ..... Thank the bloodstream, the red blood corpuscles and especially the white blood corpuscles, which guard the blood stream against disease ..... Thank them for keeping you immune strong and healthy .....

Bring your awareness now to your lungs ..... Thank your lungs for supplying oxygen to your blood which feeds your body and for eliminating toxins from your body.

Go now to your heart. Thank your heart for its ceaseless beating, constantly supplying blood to every part of your body twenty-four hours per day .....

Now bring your awareness back outside your body. Imagine looking at your wonderful, marvelous body .... Thank the skin that covers your body .... And now, thank yourself for the unique and perfect individual that you are.

MIND AS THE BUILDER

You know your mind and body are parts of your whole being. An imbalance in your mind could create a block which might affect your body. You understand that it is possible to use your subconscious mind to create an environment of health and to build a sound body. Your body is the servant of your subconscious mind ..... and your mind is the connection between your body and perfect health.

You can use your mind as a builder. In fact your mind can build your body as your hands can build a home. Your body, like your home, can reflect your creative desire. Knowing this, you begin to build a healthy body by using your mind.

Everything is first a thought ..... every great achievement begins in the mind's imagination .... and you use your imagination, beginning now, to construct the healthy body you desire. In fact, you have already begun the process of rejuvenation and regeneration as you allow your mind to imagine a healthy body .... your perfect body .....

Just allow your mind to form a mental image of yourself as you would like to be .... feeling healthy and happy ..... filled with energy and stamina ..... Make this image real by using all your senses .... see it .... notice the way your body moves ..... listen to the comments of others about your perfect looks and your great health .... feel your body moving and notice how easily and effortlessly your body functions .... Imagine yourself tasting foods you enjoy and which are good for you ..... think about your doctor confirming the fact that you are a perfect physical specimen ..... Enjoy the scenes and feelings of vibrant good health ..... Intensify them in your mind .....

You <u>are</u> healthy ..... You <u>are</u> energetic .... You <u>are</u> able to (and <u>do</u>) perform your physical activities perfectly ..... Hold this image or symbol of good health ..... Really <u>feel</u> it ..... Imagine that it is already accomplished ..... and experience a feeling of feeling better than you've ever felt in your life .....

So it is! This information has been recorded and imprinted on your subconscious mind. Your subconscious mind is now taking whatever steps are necessary to make this image your reality. Instruct your mind to make it happen .... want it to happen .... and watch it happening ..... Your mind is the builder and is working even now ..... beginning the process .... taking whatever steps are necessary to manifest your desires into reality. You understand this .... you believe this ..... because you <u>know</u> the power of your mind. You have accomplished great things in your life, yet you are capable of so much more ... and you realize how your own mind can help you to build the body you desire .....

So it is! Healing and perfection are happening within you on a physical, emotional, mental, and spiritual level at the same time .....

HEALING WITH LIGHT

Imagine from somewhere above you, a cone of beautiful white light .... It is softly moving down over you ... embracing you with a vibrant, healing energy .... Imagine it all around you ... surrounding and protecting you ... illuminating you and everything around you ... It is soft, yet bright ... vibrating .... shining with a fresh, new beauty .... Imagine the air around you intensifying, glowing, dancing with this vibrating, healing energy .... You may even feel a gentle wonder for such vibrant beauty .... for such healing power .... Imagine feeling the subtle energy of the light moving down around your body .... caressing your body ....

Now imagine this beautiful, healing light softly entering your head ... and your neck ... moving over your shoulders .... warming your shoulders .... feel the muscles soften, relax, and release .....

Feel the light now ..... gently entering your chest .... moving into the area around your heart .... slowly and easily .... softly massaging and opening ..... moving through and around your heart ..... massaging and comforting your heart .....

Allow the light to continue now down your spine .... radiating out to all areas of your back and torso ..... penetrating all the layers of tissue ..... moving deeper and deeper ..... slowly and steadily moving into and through every organ .... massaging, cleansing and healing ....

The light now sending a warm, healing softness into your belly .... gently soothing and warming ..... soft and easy ..... filling your belly with a powerful, healing energy of this light.

Allow the light to work its healing magic deep inside your body .... moving with an intuitive knowing into any places where discomfort or disappointment are stored .... into any heaviness ..... and feel those spaces open, loosen and lighten as you breathe into them .... allowing your own energy to revitalize and rejuvenate these parts of your being ....

Just let this healing light gently touch the center of your chest now .... sending powerful healing energy directly into your heart .... vibrating waves of nurturing, vital energy ..... moving right through any blocks or barriers ..... dissolving any obstructions to perfect health .... releasing that which is destructive .... awakening the core beneficial energies of your body .... and as you imagine this energy .... begin to feel this wonderful energy starting to spiral through your body ..... moving through each and every cell of your body ....

Allow yourself to feel the stirrings of your own energy .... as it moves through your body ..... a vital life force .... pulsing and vibrating ..... radiating strength and perfect health to every part of your being ....

You know that you are healing .... you can feel it happening within you ..... breathing in healing energy ..... breathing out any toxins or dis-ease .... breathing in deep, full, nourishing breaths ..... letting go of any destructive forces in your body and mind with your out breath .....

And as you breathe in life, you know with your whole heart .... with your whole being .... that you <u>are</u> healing ..... that you will <u>continue</u> to heal ..... that the burdens will continue to be lifted ..... that any mental fog you've experienced is continuing to dissipate in the bright, healing light ..... as you release any negative feelings .... breathing them out of your body .... out of your mind ..... releasing any discomfort or fatigue ..... breathing in the healing light ..... and releasing sadness and despair with the out breath ..... breathing in joy and hope with the in breath..... and breathing out resentment and hurt .....

You understand that you are healing ..... and you feel your heart expanding and opening to its own good ..... attuned once more to the brightness of your own being and the perfection of your own soul ..... breathing in to touch it ..... and breathing out to release that which needs to be released to the universe ....

And now ..... feeling peaceful and easy ..... allow the light to slowly begin to return to wherever it came from ..... until it is disappears .... for now .... knowing it is yours to call forth whenever you wish .....

You are safe ..... feeling safe and relaxed and easy ..... although you may notice when you open your eyes that the colors around you are brighter ..... the sounds more distinct .... the air more alive .... You may even feel that something very powerful has happened .... that a major shift has occurred .... and will continue to occur .... with or without your conscious knowledge .... And so it is.

Know that you can call forth this light whenever you wish to continue the healing work that you have already begun .....

HEALING THROUGH THE HEART

You are becoming more in tune and in touch with your body and mind with every passing day. You understand the strong connection between body and mind .... and you begin to listen with your body to your mind .... And as you listen, your mind communicates with your body .... and your body communicates with your mind .....

Your heart is more than an organ in your body .... limited in size and shape. It is rather a connection .... at the very core of your being .... a connection between your inner and outer selves ..... a connection between your body and your mind .....

Place your awareness on your heart ..... in the center of your physical body ..... And as you concentrate your attention on your heart .... imagine it expanding ..... Imagine you can feel the energy from your heart expanding outwards .... until it creates a sphere of energy several feet beyond your physical body ..... creating an aura of heart-energy .... Notice what it feels like as the heart-energy surrounds you .... bathing you ..... creating a feeling of joy and love ..... a sense of goodness ..... Feel the safety that this energy radiates ..... coming from within your heart .... moving outward and surrounding you .....

The heart is a place of healing ..... a place of love ..... a place of forgiveness ..... Ask your heart to show you something in your mind that would benefit from this healing energy ..... something that is ready to come into the light and be healed with love ..... You may communicate with your heart through thoughts ..... sounds ..... sensations ..... or in other ways ..... Be open to healing and let the process begin now ..... simply allow it to happen ..... Allow thoughts, ideas and images to move through your mind ..... into the healing light ..... and when you have finished with this inner process, let me know by nodding your head.

(Pause until subject signals you.)

Your heart will continue to heal in you that which needs to be healed ..... and to reveal to you that which needs to be revealed .... until the healing process is complete and healing has occurred. That thought is seeded in your subconscious mind ... which is working always for your highest good and the highest good in all your relationships.

WATER AS A STRESS REDUCER

From this moment forward, you function with a relaxed body and a calm mind. All the things that used to bother you are unable to affect you negatively. You move through your days and evenings relaxed ... calm ... confident .... and in complete control ..... Your mind is at peace .... always at peace.

In fact, I'm going to give you a post-hypnotic suggestion that ensures that you are always free of stress and tension. From this moment forward, whenever you see water or even hear the sound of water, you'll immediately relax. You relax both physically and mentally. Every time you see water in any form, it will automatically trigger the conditioned subconscious response of relaxation. Even if you just <u>hear</u> the sound of water in any form, you will immediately relax. From this moment forward, water in any form ... perceived in any way ... causes an immediate relaxation response. From this moment forward, water causes you to relax .... immediately and automatically. This suggestion is effective immediately and remains in effect for the rest of your life.

Any and all water is an automatic signal to your subconscious mind to relax. The rain causes you to relax ..... noticing water in the street causes you to relax .... water from plumbing fixtures --- the faucets, showers, tubs --- causes you to relax immediately and automatically. When you see a body of water .... whether it's a pond, a lake, an ocean, a river, or even a swimming pool ..... you immediately relax ... and it feels good to relax.

When you see, hear or even think about water, you automatically relax. Hearing the sound of rain, or a sprinkler, or an open faucet, or even a toilet flushing causes you to relax. The sound of the surf causes you to relax. The sound of a rushing river, a babbling brook or a drain emptying causes you to relax.

If you ever begin to feel tense, nervous, angry, impatient, or stressed in any way, all you have to do is think about water .... water in any form .... and you'll immediately relax ... completely relax .... totally relax ....

And because you are always more relaxed, you think more clearly .... your mind is more focused .... you function more effectively than ever before. Because you're more relaxed all of the time, your memory is better than ever before. Your mind is relaxed and you easily recall and remember with speed and accuracy.

Because you're relaxed all of the time, your body functions better. Your health is better than ever before. And from this moment forward, you drink more water. And the more water you drink, the better you feel. Water relaxes your body. Every time you take a drink of water, you relax. In fact, preparing the water ... turning on the faucet or filling your glass .... relaxes you.

From this moment forward, water causes you to relax. To see water in any form relaxes you. To hear the sound of water, relaxes you. To smell water ... perhaps from an upcoming rain or the smell of the ocean .... relaxes you. Whenever you think about water in any form, you immediately and automatically relax .... you relax physically ... you relax mentally .... all tightness and tension leaves your body .... you automatically mentally detach from all negative thoughts and feelings .... Water causes you to relax .... now and forever more ..... Your mind is at peace ..... Whenever you encounter water .... or think about water .... or drink water .... which happens many, many times during your day .... you relax ..... Each time you see, hear, smell or even think about water .... you easily and automatically relax .... Totally and completely relaxed .... your mind at peace ..... Yes, water is very relaxing to you .....

HEALING WITH COLOR

Imagine a color that denotes healing to you .... a beautiful color .... a soothing color .... you may even want to let different colors softly float through your mind until you decide which color you'll choose. When you've got a color, let me know by nodding your head. (If you are unable to get a clear color image in your mind, that's okay. Just allow yourself to know the color that is right for you.)

Imagine this beautiful color surrounding your body .... like a beautiful, protective aura around your body. Allow yourself to feel your color ... notice what it feels like as it gently caresses your body.....

Now imagine making your color brighter .... allow the color to get brighter and more vibrant .... and as it intensifies .... notice what it feels like .... allow yourself to feel more vibrant along with the color ..... And now make it bigger ..... and notice the good feelings within you to become more intense .... bigger .... expanding outward .... the color becoming bigger .... good feelings becoming bigger ..... Yourself and the color becoming more radiant, brighter, more vibrant ..... Notice the healing color as if it were a billowy cloud ..... a soft, soothing color .....

Feel the color ..... Imagine it ..... Gently soothing your body ..... bathing each part of your body in a healing energy .... a wonderful color of health.....

Imagine the cloud of color gently caressing you lips ..... perhaps you taste the color on your lips ..... clean and pure ..... giving you the power to say what needs to be said from a place of love to those that need to hear you ....

Now imagine the color moving into and concentrating around your shoulders ..... comforting and relaxing you .... feel the stress and tension disappear ..... and as you experience this wonderful sensation, it increases your ability to respond freely to love and affection ..... freeing you to love and be loved.....

Imagine this shimmering cloud of color around you head ..... this brilliant, healing color ..... Allow it to move easily around your head ..... removing all feelings of guilt, resentment, anger, hate and blame ..... removing all negative thoughts, ideas, imprints and impressions ..... caressing your head .... calming your mind ..... Allow your mind to accept this healing color .... allow the healing color to move through your mind ... through all levels of your mind .... understanding that you are perfect, healthy and whole .....

Notice the fragrance of this healing color .... this beautiful color ... Breathe in that wonderful fragrance .... breathe in the healing properties of this beautiful healing color .... as it brings into you all the things necessary for healing the body and the mind .....

Allow the color to move into your lungs now .... notice what it feels like .... breathing easily .... breathing freely .... so soothing and relaxing and causing you to relax even more.

Imagine the healing color flowing in and through every part of your being ..... moving through every nerve, muscle, and tissue of your body ..... imagine it moving through your bloodstream ..... through every gland and chakra of your body ... through every cell and atom of your body ..... restoring and rejuvenating your body ... as it flows in and through each part of your body ..... removing all traces of dis-ease and discomfort ..... Out of your body and out of your mind ..... restoring your body to perfection .....

Allow this healing color to fill your body and mind with good feelings .... feelings of joy, health, happiness, strength, and vitality .... giving you the freedom to live joyously and harmoniously with all of life .....

From this moment forward, every time you see or think about the color you have created, you will feel good. You'll notice an increase in your confidence ..... you'll feel a love and acceptance of yourself ..... you'll feel rejuvenated and refreshed ..... a feeling that moves through your entire body .....

From this moment forward, you'll continue to feel healthier each and every day as your body continues to restore itself to total perfection .....

GLOVE ANESTHESIA
LONG VERSION

Imagine that there is a container in front of you large enough for you to put your hand into. This container is filled with a powerful anesthetic. Notice the type and size of the container .... notice the color. Imagine what it looks like .... and notice also the liquid inside ..... You may see it clearly or just know what it is like. Imagine it as vividly as you can.

The liquid is a powerful and potent anesthetic .... one so powerful that it can easily penetrate skin causing it to become completely numb very quickly ..... insensitive to all feeling.

In a moment, I'll ask you to lift your hand and then dip it into the container up to wrist level. Using your imagination, just proceed through these actions as if they are real and you may be surprised to discover that the numbness you experience is also real.

On the count of three, dip your fingers into the container of anesthetic ..... One... two... three... Your fingers are in the container ..... Feel your fingertips tingle as the anesthetic is quickly absorbed. When you feel the tingle, or whenever you're ready, slowly begin to dip your hand deeper. Feel the numbness go up to your knuckles, across your palm and the back of your hand, and now, all the way up to your wrist .....

The skin on your hand may be beginning to feel cold .... or perhaps constricted and tingly ..... and as the anesthetic penetrates even deeper, you may begin to notice a numb, wooden-like feeling in your fingers and hands.

Imagine the anesthetic soaking in deeper as the numbness seeps even deeper ..... even the bones themselves beginning to lose feeling. Gently swirl your hand around in the container to ensure the deepest possible penetration of the anesthetic solution. Imagine and notice any remaining feelings in your hand disappearing ..... as if the last of the feeling was floating down to the bottom of the container.

Continue to swirl your hand around for as long as it takes to achieve total anesthesia, a deep feeling of tingling numbness. When you feel that your hand is numb, nod your head.

(WAIT FOR SIGNAL)

Good. Now take your hand out of the container and place it here by me. Your hand certainly looks very numb and cold. I'm going to touch your hand now. Let me know if you feel any discomfort. **(TEST FOR NUMBNESS)** Do you feel any discomfort? ..... Any pressure? ..... Good. Your hand is certainly numb.

Now place your hand directly on any part of your body that hurts ... and notice the numbness flowing out of your hand into that part of your body ..... removing all discomfort. Imagine all the numbness from your hand streaming into every cell of that area. Notice that the same numbness that quickly developed in your hand is now permeating the painful part of your body. Notice the muscles losing all feeling as the numbness penetrates even deeper. Allow the numbness to penetrate the area completely .....Slowly rub your hand around the area until you feel you have transferred all the anesthesia and then put your hand down. You may be surprised to notice what an immediate difference this has made.

Each time you practice this exercise, it becomes easier and easier for you to very quickly eliminate discomfort. However, if the discomfort is a sign that you need medical attention for the problem, the discomfort will return within five minutes. Otherwise relief is quick and long lasting.

(IF YOU WANT TO REMOVE NUMBNESS BEFORE COMPLETING SESSION ADD:) Now place your hand back on the numb part of your body and allow the numbness to flow back into your hand. When the numbness has returned to your hand, place your hand back down.

(ENDING:) As we prepare to end this exercise, just shake your hand briskly to eliminate any remaining numbness in your hand, and notice the return of all normal feeling that existed before the exercise began. Do that now. Shake your hand and feel all feeling

return. That's good.

PAIN AS AN OBJECT

Many of us have unpleasant sensations like tension, discomfort, stress or strain that we would like to be rid of .... And one method of eliminating or reducing any discomfort is through deep breathing and relaxation ..... because whenever we take a little time to just breathe slowly and deeply and relax all parts of our body .... the discomfort is eliminated or reduced.

Another method that eliminates or reduces all kinds of discomfort involves the use of imagery ..... Yes, it is possible to use visual images or thoughts of images to reduce and eventually ... sometimes immediately ... eliminate the discomfort altogether .... The subconscious mind is so very powerful .... and its language is pictures and words. For years, chronic pain clinics have helped thousands of people eliminate or reduce their discomfort by using visualization techniques .... and it's really a very simple process .... it's like a child playing make-believe ... a simple process of using the imagination .... And yet it is also a powerful process .... a process that eliminates or reduces discomfort immediately .... And the wonderful thing is ..... as you develop images and practice the techniques .... it just gets easier and easier .... and it begins to work faster and faster .... and before long, you'll find that you can completely control the level of discomfort .... often times in a matter of seconds .....

Sometimes it is difficult for us to change feelings .... but it is easy to imagine an object and then change that object in some way. So in this technique, we're going to work on changing feelings into objects and then working with the object and imagination to modify it.

As we begin, just allow yourself to think about the discomfort you've been experiencing lately .... those unpleasant feelings you want to be rid of ..... think of what it feels like .... where its located in your body ..... And as you think of it .... make it into an object of some sort ... what would it look like if it were an object instead of a feeling? ..... Give it a shape ... just imagine that shape .... allow yourself to imagine that shape ... It may be an abstract shape or something you've seen before ..... it could be an object or just a design of some sort .... When you've got the shape, let me know by nodding your head.

Good. Now give it a color ..... notice what color it is. It may also have a certain texture .... soft or hard .... smooth or rough .... just allow whatever impressions come into your mind ....just let it happen as you go deeper and even deeper relaxed ... feeling so calm, so peaceful and so very relaxed...

This shape is a symbol of your discomfort .... it represents the unpleasant feelings you've been experiencing .... and now it's time to take control of that discomfort ... time to reduce and eliminate that discomfort .... and you can control it. The larger the shape is, the more intense the discomfort is .... the smaller the shape is, the more comfortable you feel ... So now practice manipulating the shape .... first make the shape larger ..... imagine it expanding .... getting bigger .... Let me know when it's bigger. Good. Now make it smaller ... imagine it shrinking up .... the smaller it gets, the less the discomfort .... let it get as small as possible .... If you ever have any difficulty making it get small enough .... just let it get bigger again .... then smaller again ..... because each time it gets bigger .... and then begins to shrink .... it shrinks smaller than it did before ..... Just keep the image in your mind .... playing with it .... bigger and smaller .... bigger and smaller still ... Noticing that as the image shrinks .... so, too, does the discomfort ....

As you continue to practice this exercise daily, you'll discover other things you can do with the shape .... some tricks you can use .... If the shape is like a balloon you can put a needle into it or kick it away ..... some shapes you may throw away or tie it to the tail of an airplane and watch it fly away ...

Every time you work with turning your discomfort into a shape and reducing or destroying it, it gets easier and easier ..... and you are able to do it more and more quickly .... and the feelings associated with it become less and less bothersome .... and you become more and more comfortable .....

And because it is important to you to be comfortable, you practice and use this powerful technique on a regular basis ..... knowing that each time you do ..... you become more skilled at it .... it gets easier and easier for you to have relief whenever you desire ... Every time you practice and relax, the shape becomes even smaller and you may notice the color fading ..... the shape disappearing ... you enjoy just closing your eyes and relaxing and imagining the shape .... the size .... and color you want it to be ..... and then ..... just allowing it to become smaller ..... the color fading ... and the shape disappearing ...

BREATHING OUT PAIN

Close your eyes and think about the discomfort in your body .... Notice what it feels like ..... locate it in your body and allow yourself to really feel it ..... Good. Now mentally find the very center of the discomfort ..... the molecule at the very center point of the discomfort ..... When you find it, hold onto that point and just nod to let me know you're there.

(Pause for the nod)

Now, take a deep breath in .... breathing into the very center of the discomfort .... hold it for just a moment .... holding it in the center of the discomfort ....and when you're ready to exhale ..... slowly exhale outwardly from that center point of the discomfort ..... imagining it like steam leaving your body ... taking all the discomfort away ... gone with the steam .... dissipating off into the distance like steam coming off of a pan of boiling water.

Notes to Hypnotherapist:

A single breath is all that is usually required for a mild headache, while three breaths might be required for a migraine. For more intense pain, this method may only reduce the severity, but sometimes it will disappear completely after about ten minutes.

Even though this can be done very quickly (in about 30 seconds), it is important that the subject take enough time to locate and direct all their concentration on the exact center of the pain.

This technique is normally used following a short trance induction. However it often works without the normal trance induction.

PROJECTION FOR GOAL ACHIEVEMENT

Your imagination is a very real part of who you are and through your imagination you can do anything.

Imagine now that you're in a special place....a peaceful, quiet, tranquil place. Allow yourself to be there. Look around you. Notice the colors. Hear the sounds. Notice the temperature, the fragrances and the wonderful feeling of peace.

Through your imagination, you can travel in time. Your imagination allows you to move forward and backwards in time.

Let your imagination take you back in time now ... back to a time when you experienced a wonderful success. It may have been a personal success or a professional triumph. Move back to something that made you feel very good about yourself ... proud of yourself. Feel the feelings of confidence, pride, happiness. Be there ... see it vividly ... hear the sounds ... feel the wonderful feelings ...Let me know when you feel those wonderful feelings of success by just nodding your head. (Pause and wait for the signal.)

Fine. Just keep in touch with the feeling .... and now, on the count of 3, let this feeling propel you into the future to a time when you again feel this feeling of success associated with your present goals.

Feel the successful feeling ... Now moving quickly forward, 1 - 2 - 3, you're now in a time when you've accomplished your goal. You have achieved your goal of _____.

Feel that feeling of joy associated with your success. Look around you... Hear the sounds ... Notice the odors ... Take it all in. What a wonderful scene ... Feel it.

Now notice the benefits of your success.

> (At this point go over each benefit the subject mentioned encouraging the use of all senses. These may be material benefits such as cars, a hefty bank account, a thin body, etc. Benefits should also include positive feelings such as satisfaction, gratification, pride, self-confidence, independence, happiness, etc.)

As you experience these benefits, the feelings are so vivid that they're true.

It’s so easy to do whatever you want to do ... accomplish whatever you so desire ... with the help of your imagination.

Immerse yourself in the wonderful feelings ... into the total experience ... Be there physically, mentally and emotionally. Feel the benefits associated with your goal achievement at all levels of your being.

You have the freedom and power to choose these benefits. If you choose to experience these benefits in your life, raise your right index finger now.

Your power of choice is strong ... like a muscle it gets stronger with use ... You have the power to make wise choices in regards to your goals ... Your wise choices make the achievement of your goals a reality.

With every choice you make, it gets easier and easier to make wise choices. It's easy to make choices which are beneficial for you. Beginning now, you find yourself doing whatever is necessary to achieve your goals. You make the positive choices that create greater self-confidence ... greater freedom ... more independence.

You have the freedom to be the person you want to be ... the best you can be. You deserve success ... you have the ability, knowledge, talent, motivation and determination to make success your reality.

Life is a choice ... you make wise choices ... and you're so thankful to have the power of choice.

Like a muscle ... your power of choice gets stronger with use ... So once again, imagine the biggest or best benefit of your success. Imagine it so vividly you feel as if it's real ... as if you've already obtained it ... Now, know that it is yours because you choose it. So it is.

FLOATING INTO A PAST LIFE

Make yourself comfortable ..... That's fine ..... Now, just allow your eyes to close ... and take a deep breath .... Good ..... and exhale ..... and just continue taking slow, deep breaths ..... as you allow your body to relax.

As you take slow, deep breaths .... imagine that you're breathing in Peace, Love, and Serenity ..... Imagine what that feels like ..... Peace .... Love ..... and Serenity ..... Just exhaling any mental tension .... any worries .... any concerns ..... just releasing any tension from your neck .... your head .... your shoulders...

Take another deep breath, breathing in Peace, Love and Serenity ..... and exhaling any emotional or mental tension ..... Just letting go of everything outside of this experience .... right now ... this relaxation ..... Just letting go .... relaxing .... breathing in peace .... feeling the peace flow through your body and mind ....

Breathing in Peace, Love and Serenity ... and exhaling any physical tension or tightness from your body. Imagine it melting away ..... perhaps pouring out of your body .... down into the chair .... leaving you feeling relaxed and lighter ..... lighter ... as if a burden has been lifted from your body and mind.

Now imagine a cleansing white light entering your body through your feet, relaxing your feet ... cleansing your body .... and as it moves through each part of your body, your body may begin to feel lighter .... less dense ..... Imagine this relaxing, cleansing energy of white light moving up through your ankles .... relaxing your ankles ... Imagine this energy light moving up into your calves ..... your calves deeply, comfortably relaxed ... Imagine it moving up through your knees and thighs .... your legs becoming more and more relaxed ... lighter .... less dense .....

Imagine this relaxing energy moving up now into your hips .... those muscles relaxing completely ...

This wonderful, cleansing, relaxing energy of light now moving up into your lower back and abdomen .... Allowing your abdominal muscles to relax ... relaxing more and more as the light energy moves up into your stomach and middle back .... the muscles in your back relaxing .... sinking softly and gently into the chair ..... feeling safe, secure, and totally supported as this light energy moves up into your chest and upper back ...

Concentrating in your shoulders area, especially between your shoulder blades .... the energy moves through your muscles ... relaxing your muscles ..... and now comfortably begins to move down into your arms, relaxing your upper arms, your elbows, your forearms, your wrists, your hands, and even your fingers ..... as you feel more and more relaxed, lighter .... less dense .... perhaps even “floaty” ...

And now the relaxing light energy moves up into your neck, relaxing all the muscles of your neck and throat ... even the muscles in your tongue relaxed ....

This wonderful energy now moving up to your face and head .... relaxing the little muscles around your eyes .... relaxing the little muscles around your mouth ... relaxing your jaw .... . even your chin feels completely and totally relaxed .... comfortably relaxed....

The relaxing energy moving up to relax the muscles your scalp ..... In fact, all your muscles are becoming more and more relaxed .... more relaxed with each breath you breathe.

Your body filled with light .... a wonderful energy is a part of that light .... and you may notice how much lighter your body feels .... as if you can actually <u>feel</u> an aura of energy <u>in</u> your body .... radiating <u>out</u> from your body ... imagine it ..... imagine your energy body expanding, moving <u>out</u> from your body ..... moving away from your body .....

Imagine your energy body get larger .... expanding ..... bigger and bigger ..... lighter and lighter ..... moving out from your body .... lighter and lighter .... Imagine yourself as this energy body .... so light that you float .... you can move up .... through walls and ceilings .... float through time ..... move swiftly in space ... backward or forward ... you can move swiftly to wherever you want to be .....

Imagine yourself floating up into a daytime sky .... floating and moving up into the air ..... floating with the clouds ... feeling only peaceful feelings .... letting your mind go .... detached from your physical body .... allowing your mind to go free .... open to all possibilities .... all thoughts, ideas, and daydreams .....

Imagine yourself floating on a cloud .... a big, beautiful, comfortable cloud ..... And, this place where you are, with the clouds ..... up in the sky .... is your contact point with your higher self, who will guide you back in time .... back to a time in another life .... a time that will I help you understand whatever you wish to understand ...

Imagine now, your cloud beginning to float down .... safely, slowly, gently, down ... floating backward in time as it slowly moves down ... Descending now ... moving down ... closer to the ground ... coming down ...

And, as your cloud reaches the ground .... you once again have a physical body ... and you step off of the cloud onto the ground .... feel your feet **planted solidly on the ground** .... and as you do, look around you .... notice your surroundings ....

Go to Past Life Questions on P88 - P-92

CONTINUE THROUGH THE QUESTIONS UNTIL DONE

As we prepare to conclude your session, allow yourself to feel positive … happy … grateful … for this opportunity to receive information that gives you insight into your current situation and any challenges you may be experiencing. The information furnished to you during this session by your subconscious mind is unable to affect you negatively or cause you discomfort in any way … physically, mentally, emotionally or spiritually. You understand that life is a series of experiences … all of which benefit you at many levels. When you come back into full awakening, you will feel only positive feelings and emotions.

Now it's time to return to the present ..... so just allow yourself to float back up to those beautiful clouds in the sky ..... resting for a moment on a cloud .... with the clouds ... with the peace and serenity ..... and as you begin to float back down, know that you're moving forward in time back into this time, back into this space, back into this room, and back into your physical body. Taking all the time you need to bring your awareness fully back to the present, and when you are ready, open your eyes.

THE TEMPLE OF PAST LIVES

As we begin ... get in a comfortable position .... allow your eyes to close .... and begin to breathe slowly and deeply .... Exhaling slowly .... Good. Just continue for a little while to breathe slowly and deeply .... Allowing your body to relax more and more with every breath you take ...

As you breathe slowly and deeply .... feel yourself relax .... and just release all the tension in your body ..... feel the tension leaving your body ....

Breathing deeply .... releasing all tension ... Relaxing ..... If you notice any tight spots in your body, just breathe into that tension ... relaxing it ... releasing it .... Once more ..... breathe in deeply and feel your body relax and release .... Let the muscles of your body relax completely ....

Just imagine …. that with every breath you breathe in …. you're filling your body and mind with peace and serenity... and with every breath you exhale … you're letting go of all tightness and tension and negativity .... Filling your body and mind with peace and serenity .... Letting go of all tension, tightness and negativity.

Just relaxing, more and more, with every breath you take. Notice your body relaxing more and more with every breath. Notice the muscles in your body becoming loose and limp, and so very relaxed ..... as you begin to unwind and let go ... Just letting go ... Letting go of everything that's been going on ... any tension you may have been retaining in your body ... just let it all go for now .... and notice your body to relaxing ... Letting go... unwinding... completely relaxing … taking this time ... a quiet time.. A time to let go ….relaxation …. Relaxing … unwinding … letting go ....

Letting go of everything except the relaxation ..... allowing peace and harmony to surround

your body and mind ..... that wonderful, beautiful feeling of tranquility ..... Just relaxing ... relaxing .... Noticing how good it feels to relax and unwind and just let everything go….

And now …. as I count backwards now from 10 to 1 .... just allow your body to become more relaxed with each count ..... and when I reach the number 1, you'll be completely relaxed .... Beginning now .... number 10 ... beginning to relax ... number 9 ... relaxing a little more ... number 8 ... more relaxed ... and 7 ... even more relaxed ... number 6 ... you can feel your body relaxing ... number 5 ... it feels good to relax ... and 4 ... more and more relaxed ... number 3 ... so very relaxed ... number 2 ... almost there ... and number 1 ... completely and totally relaxed .....

Now, imagine that you are in a large room ... and on one wall of this room, you notice an elevator ..... Walk slowly towards this elevator ..... and as you approach the elevator, it opens .... and as the doors open, go ahead and enter the elevator.

Once inside you notice that it's brightly lit with a color .... a beautiful color ... one that's very pleasing to you .... and there is a chair in the elevator .... one that is comfortable for you .... The elevator doors close and as you look above them you notice, by the number that's lit, that you're on the eighth floor ..... As the eighth floor light goes off, the elevator begins to slowly descend.

As the seven lights up, the lighting around you changes to a beautiful, soft lavender ... and this color creates a sense of peace.

You continue watching the numbers above the door, and as the number six lights up, the light around you becomes a deep blue. Notice how you feel as the lighting changes.

As the elevator continues to descend, above the door you notice the number five light up. The lighting around you changes to a lighter blue ... a true blue .... a vibrant blue color.

Once more, the number light changes to show the number four .... and you continue to descend. This time the lighting changes to a deep green ... the color of nature ... notice how it feels ....

You continue watching the numbers above the door, and as the number three lights up, the light around you becomes a soft yellow, and you realize the difference in how you feel in this yellow light vibration.

You become more and more relaxed as you notice the number two light up above the door ... and you know you're descending once more .... The lighting changes to an orange, a vibrant orange. Notice how the color orange feels both physically and mentally ....

The number one now lights up above the door ..... you are descending .... lower and lower .... more and more relaxed .... as the lighting around you becomes red.

Now, above the door, where the numbers were, you see a lighted star and the lighting around you gives off a beautiful, golden feel. All around you is golden light ..... Notice how you feel in the gold vibrations ..... As the car settles and the doors open .... and you realize that you are in a temple.

You step out into this space and look around you .... It’s beautiful ....

In this space .... in this part of the temple, you observe many doors. A sign on one door says “Library.” You walk toward that door, open it ... and find that it is an immense library. Go into the library now .... moving to the section that contains books beginning with the letter of your last name .... everything is in alphabetical order .... look for your name among the leather bound books .... When you’ve found it let me know.

Good. This book is the record of all the lives that you have lived. Take it off the shelf .... open it to any page .... and run your finger down the page. Notice any words or phrases that catch your attention ... Let me know when you've done this.

Good. Now remembering what you read, leave the library and go back out into the open area .... Find a door that is called "The Hall of Memories." This is the door which will take you into a past life ... one that points the way to understanding your present life and path of purpose.

Open the door to the Hall of Memories ... and as you step into that room, again you see many doors .... Choose the door that you know is where you need to go to return to a past life that has meaning for you .... Open that door now and step into that other lifetime.

Go to Past Life Questions on P-88 - P-92

CONTINUE THROUGH THE QUESTIONS UNTIL DONE

As we prepare to conclude your session, allow yourself to feel positive … happy … grateful … for this opportunity to receive information that gives you insight into your current situation and any challenges you may be experiencing. The information furnished to you during this session by your subconscious mind is unable to affect you negatively or cause you discomfort in any way … physically, mentally, emotionally or spiritually. You understand that life is a series of experiences … all of which benefit you at many levels. When you come back into full awakening, you will feel only positive feelings and emotions.

Good. Now as you prepare to leave the Great Temple .... go back into the Hall of Memories .... leave the Hall of Memories, going back into the main part of the temple .... and get back into the elevator .... Press number 8 for the 8th floor. Feel the elevator rising upward. When you reach the eighth floor, you'll be back in the present, back with me ..... Watching the numbers move up now from number 1... 2... with each number, more alert... number 3 and 4... coming back to the present... number 5... more awake... number 6 feeling good... number 7... and number 8... awake and alert ... opening your eyes whenever you're ready.

PAST LIFE QUESTIONS

Once the subject has arrived in a past life memory, the hypnotherapist may ask questions that gently lead them through various parts of that life. The areas below are given only as general guidelines since the subject will indicate the direction to take in many cases.

Look around. Are you **outside or inside**?

Where are you? What is the **scenery** like?

What is the **temperature** like?

Look down at your **feet**. Are you wearing anything on your feet? What?

Glance at any **clothing** you may have on. If you are clothed, what are you wearing?

Notice **your face and your hair**. Are you **male or female**? **How old** are you?

What is your **name**?

What color is your **hair**?

What are you doing here?

How do you feel?

Is there **anyone else** around you? Who are they?

Do you **recognize any of these people** as people you know in your current life? Who?

On the count of three, move back in time to your **childhood** when you were somewhere **between the ages of 3 and 6 years old**. 1 -2 -3. See yourself as a child.

How old are you?

What's happening?

Is there anyone with you?

How do you feel?

Do you have brothers or sisters?

Do you recognize anyone from your present life?

Now, on the count of three, move into **adolescence**. 1-2 -3.

Where are you?

What's happening?

How do you feel?

Is anyone else with you? Who? Do you recognize them from your present life?

Do you have any more brothers and sisters than you did at ___ years old? (Use previous age given)

Now, move into **young adulthood**. 1-2 -3. How old are you?

Where are you? What's happening?

Is anyone with you? Do you recognize them from your present life?

How do you feel?

What's the most important thing to you at this point in your life?

Now moving ahead, moving farther into **adulthood**. 1-2-3. How old are you?

Where are you? What's happening?

Is anyone with you? Who? Do you know them from your present life?

How do you feel?

What's the most important thing to you at this point in your life?

On the count of three, move to a **typical mealtime**. 1-2-3. Where are you?

Is there anyone with you? Who?

Describe the furniture, utensils and food.

Now, move to a **normal day** in your life. 1-2-3.

What are you doing?

How do you feel about your daily work (tasks)?

What is your financial status like?

What is your social status like?

How do you feel about your life?

On the count of three, move either forward or backward in time to a very **pleasant experience**. Something that makes you feel very good, very happy.

1-2-3.How old are you?

Where are you? What are you doing?

How do you feel? What are your thoughts?

On the count of three, move forward or backward in time to a very important event that occurred in your community. A time that is important to everyone - good or bad - a time in which **your community was involved in something important**.

1-2-3. What's happening? What are you doing?

How old are you?

What are you feeling? What are you thinking?

This time, on the count of three, move forward or backward to an **unhappy or stressful time** in this life.

1-2-3. How old are you? Where are you?

What's happening? Why?

Now, move to **a later part of your life**.
1-2-3. How old are you? Where are you?

Are you married? Divorced? Widowed?

How many children have you had?

How many girls? How many boys?

Are any of your children anyone you know from your present life?

How do you feel about your children? Your spouse?

How do you feel about your life?

Is there any part(s) of your life you'd like to change?

On the count of three, you'll emotionally detach and move to a time **just prior to your death.** Letting impressions flow, without emotion .... without hurt or pain .... Moving now to a time just prior to your death and one .... two .... three ... just prior to your death .... Where are you?

What's happening? How do you feel?

(If they know they're dying:) How do you feel about dying?

Now, on the count of three, move to the time of your **physical death**.

View this scene unemotionally and without pain.
1-2-3 See your death. How do you die?

How do you feel about dying?

Now, moving **past the physical death**. Feel your spirit leave your body.

Do you move away quickly or linger?

Do you look at the physical body after death?

How do you feel?

As your soul separates from your physical body .... and you are **in this state of perfect awareness**, tell me .....

Is there anything in the life you just viewed that stands out as unresolved in any way?

Is there any guilt or resentment over something or about someone that needs to be released?

Let those experiences come into your awareness, one by one, and as they do, do whatever needs to be done to heal them .... through forgiveness, perhaps .... or by sending love, ... or by mentally apologizing for something you said or did ..... Notice what happens as you do .... Tell me when you're done.

Now ask your higher self to let you know what your purpose was in that lifetime and tell me.

What lessons did you come into that life to learn?

Did you learn them?

What was your purpose in the life just seen?

Why were you shown that particular life?

Can you relate experiences in the life you were just shown to present-life situations?

What insights has this life given you into your present life?

Do you recognize any patterns that are repeating themselves in your present life?

How do you feel?

Go to End of Script:
FLOATING INTO A PAST LIFE P-83
TEMPLE OF PAST LIVES P-87

PARTS THERAPY

Prior to inducing hypnosis, determine the unwanted symptom, behavior, or emotional problem the client wishes to eliminate.

Induce hypnosis.

SCRIPT:

Let's assume there is a part of your personality that is causing _____ (symptom or behavior).

Right now, get in touch with that part ..... just go inside and allow your subconscious mind to furnish you with images, thoughts or feelings ..... so that you become aware of that part of yourself. When you are in touch with that part, nod to let me know.

This is a part of you ... an important part .... a part to be respected.

As you examine this part, know that this is a special part of you ..... a part to be respected .... a part with your best interests in mind.

If it had a name what would it be? (Wait for the response.)

Ask this part, now, what it is trying to do for you by producing the unwanted _____ (symptom or behavior). Go inside and ask now .... What is it trying to do? Keep asking until you get a positive answer. Let me know what answer you get. (Pause until response).

Good. Now go inside and thank that part now for doing a good job. Nod when you've done this.

Now, get in touch with the part of your mind that is capable of figuring out solutions. Tell this creative part to talk to the part responsible for the _____ (symptom or behavior). Instruct them, together, to decide on three more positive ways of _____ _____. This may come to you consciously or you may just get a feeling that it has been determined at a subconscious level. When you know the 3 new ways to satisfy your needs or just have the feeling this has been done, let me know by nodding your head.

PAUSE

Would you like to share them with me?

You now have three ways of coping more effectively --- achieving the same purpose --- than the old way whether you realize it consciously or understand at subconscious level.

Now go inside and ask the part responsible for the unwanted _____ (symptom or behavior) if it will take responsibility for making those alternatives happen at the appropriate time ..... make those three new ways, or perhaps two, or even one of those ways happen from now on. Let me know when you have the answer.

PAUSE

Now go inside and ask if there are any other parts that object to using these new alternatives instead of the old ways and let me know the answer when you get it.

NOTE: If there is a part opposed to using the new methods, go back to the second paragraph of this script and follow the same procedure used for the original "part."

PAUSE

Now ask that part if these new ways of coping can begin being used immediately------ so that you may use them for the next six weeks instead of the old coping mechanism. Let me know the answer or nod if this is agreeable.

PAUSE

Beginning now and for the next six weeks, you implement the new choices available to you .... choosing either of the three ways at any given time.

This new method of coping begins immediately and there may be times when you're unaware that a new choice is being made. There may be times that you cope differently because of decisions that are made at a subconscious level as your subconscious mind chooses a new way to cope with the stresses of life.

POST-HYPNOTIC SUGGESTION FOR INSIGHT FROM A DREAM

Choose a specific emotional or physical symptom which the client would like to eliminate.

Induce hypnosis.

As you relax, just think about _____ (the symptom) ..... know, that it is possible for your subconscious mind to locate the cause of _____ (the symptom) and by doing so, eliminate it completely.

You help your mind uncover the cause by thinking about the _____ (the symptom) each night ..... and each night before you fall asleep, you ask your subconscious mind to tell you what caused the _____ (the symptom). You may imagine your subconscious mind as a person or an angel .... imagine them standing in the darkness ... and ask the image .... your subconscious mind ..... to tell you what caused this.

Then, when you fall asleep, your subconscious mind will give you the answer to your question in a dream .... and awaken you at the end of the dream .... so you remember the dream .... and the first thoughts that pop into your mind ..... the first thoughts you think .... will be those thoughts that help you consciously understand the dream .... and you'll write down some notes about your dream ..... and you'll write your thoughts, too .... and then, very easily .... very naturally .... you'll fall asleep again if you'd like .... knowing that you accomplished something very worthwhile .... and you'll sleep soundly and deeply until it's time to awaken.

Now that your subconscious mind knows you'll find the cause of the symptom .... and since that symptom serves only as a sign .... calling attention to the cause .... it's all right to begin to feel symptom relief right now .... and for those symptoms to continue relieving spontaneously throughout the rest of the day and evening .... it's okay to feel better now .... and to continue feeling even better .... while you wait for the dream that shows you the cause and how to best understand the problem .... and correct the problem ...

Ready now to feel good ... feeling better than ever before .... and on the count of 3, you'll feel alert and refreshed .... better than ever before ....

One .... coming back .... feeling good ...
Two .... almost there .... more alert ...
Three ... open your eyes ... feeling good

DREAM INTERPRETATION

NOTE: Prior to hypnotizing the subject, have them relate the dream they'll be interpreting in detail and make notes of the theme, symbols, characters, and other significant data.

The subconscious mind is the source of your dreams....and understands your dreams....what they mean....and what they are telling you. As we move through this session, just allow your thoughts to flow....any thoughts, ideas or feelings that pop into your mind are communication from your subconscious mind. So during this session, just allow your thoughts to flow....anything thought or idea that pops into your mind is significant... regardless of whether it makes sense to your conscious mind....they are significant, so you just allow the free-flow of thoughts and ideas....communicating to me the very first thought that pops into your mind as I ask you questions.

Now, _____, tell me once again about your dream. Tell me the dream....and all the details....remembering perhaps more details than before. (Pause as you listen once again to the dream, jotting down notes that you may not have written down previously.)

All right, _____, I'm going to ask you some questions concerning your dream. As I ask each question, just tell me the first thought or idea that enters your mind....without analyzing or judging....the very first thought that pops into your mind.

THEME

Be aware of the overall feeling of the dream---trapped, drowning, scared, smothered, frustrated, etc.

What is the overall theme of the dream?

What is the theme of the dream telling you?

How does this relate to your life and what's going on in your life?

What are the most prevalent feelings in the dream?

How does this feeling relate to your life?

PEOPLE

Use these questions for each person in the dream, calling them by name, status (your mom), or describing the character (the man in black.)

How do you feel about _____ in the dream?

How does _____ feel in the dream?

How is _____ like a part of you? Is _____ showing you a part of yourself?

SYMBOLS

Use these questions for each symbol in the dream.

What does _____ represent to you?

What does this symbol mean in your dream?

How does this relate to your life?

TIMING

Ask these questions only if the dream relates to, or has characters or objects from, an earlier time in the subject's life.

Why does the dream include _____ which is from a previous time in your life?

Is there any unfinished business or issues you need to look at from that time in your life?

Are there any similarities between that time, or what was happening at that time in your life, and your present life?

ACTION

Use these questions for any and all types of action---physical or emotional --- in the dream---running, flying, hitting someone, yelling, crying, etc.

What does the action of _____ mean to you?

How did you feel about it in your dream?

Are there any similarities to the action of _____ in your dream and what's going on in your life?

Would you like to change the action of _____ to something else? What?

At this point, you may have them retell the dream with the new, desired action replacing the unwanted action.

ENDING

Your subconscious mind furnishes you with dreams that enable you to understand the situations in your life....that enable you to release the stresses of your life.....that give you answers to the problems in your life.

Throughout this day, you'll continue to remember more about your dream and you'll continue to gain insight and awareness as to the messages your dream is sending you.

From this moment forward, every night when you go to bed, you fall asleep very quickly, and always sleep soundly, deeply, naturally.....until you're ready to awaken in the morning....feeling as always these days, fantastically good....rested and refreshed....having thoroughly enjoyed a very pleasant night's sleep.

And during the night, you'll dream wonderful dreams....and you'll remember your dreams.....and your dreams will furnish insight and information about your life and any situations in which guidance is needed. You'll always remember your dreams and understand the meanings of your dreams. From this moment forward, you easily interpret your dreams.... understanding fully what your dreams are telling you.

HYPNOTIC DREAMING FOR SOLUTIONS

A SOLUTION TO THE PROBLEM

I am going to allow you to rest for a while, about a minute, and you are going to have a dream during that rest... a real dream, just like the kind you have when you are asleep at night... when I stop talking to you shortly, you will begin to dream... the dream will be relevant to your problem and will help you work through this problem in some way so that it becomes far less of a problem.

It will be a very comforting dream, and the good feelings attached to it will pervade your everyday life for several days or even longer after your dream is over and you have woken up.

Now you are falling asleep, soundly asleep... you will begin your dream... when I speak to you in about a minute's time, you will listen to me just as you have been doing... now, sleep and dream, deeply asleep...

(After sixty seconds) And now the dream is ending... The dream is over... you remember every detail of it clearly.

REMEMBERING

I am going to allow you to rest for a while..... about a minute, and you are going to have a dream during that rest... a real dream, just like the kind you have when you are asleep at night.

When I stop talking to you shortly, you will begin to dream... the dream will shed a considerable amount of light on the incident you have forgotten (or object you have misplaced).

Sooner or later, all the information that your unconscious mind recorded at that time will gradually filter through to your conscious awareness... each time you dream, more and more information will return. Whatever you registered at an unconscious level at the time will become available to your conscious mind in a way that is safe... you will remember as much of what happened as you wish to or need to or feel comfortable with... people, faces, colors, smells and impressions, all will become available, as necessary, to your conscious mind... sooner or later, all these will filter through to your conscious mind, as much as is necessary ... bit by bit as you continue to dream...

Now, sleep and dream, deeply asleep...

(After sixty seconds) And now the dream is ending.. The dream is over.. you remember every detail of it clearly.

ERICKSONIAN INDUCTION

As you begin to relax ..... and continue to relax ..... you may find that you become even more relaxed when you gently close your eyes .....

You may remember .... as a child .... when you would simply go into yourself ..... getting lost in a daydream .... or a thought, perhaps ..... Just shutting your eyes and going within .... and you may or may not .... have even been aware .... that as you closed your eyes .... your body was also affected .... by simply shutting out the outside world .... your body became ... more relaxed .....

And if you choose to be aware of your body ... of your mind .... I wonder if you'll notice ... as you hear the soft sound of my voice .... that you are continuing to relax .... and I wonder if you are listening ... if you are aware .... whether you will choose to relax very quickly .... or simply relax slowly ... sinking very slowly .... and steadily .... into a more and more relaxed state .... I wonder when you will choose to simply let go ....

We all know how good it feels when we finally let go .... we all know how good it feels to let go of physical tension and stress ... for just about everyone has experienced that type of physical relaxation ..... perhaps in a soothing hot tub .... or through a wonderful massage .... or even leaving work or chores .... and just sinking down into your favorite chair.

And as you continue to let go .... you may remember that comfortable feeling ... how it felt in your hands .... in your legs .... in your arms .... the heaviness .... or complete surrender of your body ... as you let go ..... just letting the total relaxation take over ..... I wonder if you remember how good you felt? ... How wonderful you felt? .... How peaceful you felt?

And whenever this happened for you in the past ... you may or may not ..... have been aware .... of how the physical relaxation .... affected your mind .... taking the focus away from the worries and concerns .... causing your mind to simply drift .... or daydream perhaps .... as you may choose to do now ..... just allowing my voice to take you deeper .... drifting deeper ... as my voice drifts with you ... becoming part of your experience ... as you become more deeply relaxed ... more comfortably relaxed .... as I continue to talk ....

THE HAWK: A Metaphor for Change

There once was a young hawk that ... although he had left his birth nest long ago .... had never learned to fly. Other hawks in his area were always making fun of him. He was a constant embarrassment to his parents and siblings. In fact, they were always trying to devise ways to get him to fly. They would scold him .... and beg him .... They would nudge him up into trees to try to get him to fly .....They would take him up on tall cliffs with plenty of breeze to hold him up and try to get him to fly ..... But regardless of what they did, the young hawk refused to fly.

One day, at a community meeting, the subject of came up ... This was becoming more than simply a family problem, for a bird who refuses to fly is hardly a bird at all ... and a hawk who refuses to fly must give up his title ... for “hawk” is a name that is reserved for the fearless. So it was decided that a hawk who refused to fly would be banished from the community.

Luckily two elder caring hawks of the community intervened in the young hawk’s behalf. “Let us take him with us tomorrow,” they said, “We will drop him from the air and the problem will be resolved one way or another.” The council agreed, knowing that the young hawk would either fly or die.

The next morning they took the young hawk to the top of a cliff. One elder hawk stood on each side of him. At the same time, they flew off into the air carrying the young hawk between them. They flew up into the air .... higher and higher .... up one hundred feet .... up to one hundred and fifty feet .... then to two hundred feet .... The young hawk was scared for he had never been up in the air before. “What are you doing? Let me go!” he screamed. And then ... they did. Way up in the sky, they just let go of the young hawk and flew away ..... However they did stay enough to watch what he did.

At first the young hawk began to dive down .... down toward the earth. One of the elder hawks flew by and yelled, “Spread your wings!” But the young hawk was terrified .... and petrified .... beginning to panic ... The other elder hawk flew by. “Spread your wings!” he yelled. With great effort, because his fear was so intense, he slowly extended the tips of his wings .... and as soon as he did, he noticed a slight breaking of the rate of his descent .... a moment of control .... and yet, he was still going down .... more slowly now .... and he extended his wings a little more .... and noticed more control .... and finally he extended his wings all the way out .... and for the first time he felt the power .... and the peace .... and the confidence of being in control.

He glided a little .... he enjoyed sailing on the air currents .... Gradually he landed .... in a slow, controlled way .... Then he took off again .... and flew around a little more.

The two elder hawks looked at each other and nodded knowingly and comfortably with great satisfaction.

Change can take place .... As we learn to control ourselves ... and our thoughts .... we make change happen .... within the deep levels of our minds .... within the cells of our bodies .... within our lives .... change can take place.

THE GUITAR: A metaphor for Acceptance & Growth

There once was a woman who had a daughter that had been studying and practicing piano for many years .... since she was very small. And although she was very proficient, and played very well .... some said “like an angel” ... she wanted to play the guitar.

Her family kept encouraging her to “stick with what she knew”..... “to continue to do that in which she excelled.” They even told her it was more feminine to play piano ... guitars were for boys. But within her was a desire to do more ... a desire to learn more ... a desire to achieve more than she already had. So she simply wished for a guitar ... sometimes even dreamed of playing the guitar .... as she continued to practice the piano ....

One day, her grandmother gave her an old guitar ..... acquired at a yard sale .... And you could tell it been in an attic or storage for a long, long time .... the case was covered in dust .... But as the young girl gently opened the case .... and removed the old, dusty, dirty guitar .... she saw only beauty ... she saw the potential of this magnificent instrument she held in her hands .... in fact, she could almost hear the notes and melodies that she knew she could create ...

She took a soft rag and begin to wipe the dust away .... and as she did, she noticed the beautiful grain ... and as she wiped it and cleaned it .... she begin to see what a beautiful instrument it was .... so carefully and artfully made ....

When it was clean ... she saw that it had a lovely balance ... and as she carefully plucked the strings ... she listened intently to the tune ... and she checked the keys .... and the tension .... she loosened some .... and she tightened some ... and she checked the strings .... and she knew that the strings would play well .... with just the right amount of tension ... the right amount of stress .... So she begin to tune that old guitar.

Some strings were too tight ... had too much stress ... some were too loose and laid back ... without any direction .... But she worked with the old guitar .... adjusting <u>all</u> the strings ... and when she finished ... she was pleased with the sound ..... and knew it was ready.

She picked the guitar up and lovingly held it against her body .... she closed her eyes ... remembering her favorite piece of music ... and then, she begin to play .... and she realized that this precious instrument ... made with love and care ... was special in it’s own unique way ... and she was content.

And she continued to practice ... and play .... learning more and more ... becoming more versatile. And those that were blessed by her performance often said, “She plays like an angel.”

ALLOWING CHANGE TO HAPPEN

An Ericksonian Script

If you were to think about change ... there are a lot of things you might think .... One thing you can say about change is that it's constant ..... it's happening all the time .... even now .... as you relax .... As you and I just relax ..... there are all kinds of changes happening everywhere .... Lifestyles change .... life changes .... people change .... Events happen and things just change .....

Change can also happen because we want change to happen. There have probably been times in your life .... even as a child .... when you desired something so strongly ..... that you became so focused on it .... mentally stimulated by thoughts of it.... that the acquisition of it (whether it was a toy, new pet, or something you wanted to learn to do) .... the acquisition of it ..... became certain .....

And I wonder if the achievement of obtaining your desire .... at that time .... was the result of what you had to do to get it ..... Or could it have been the result of .... intense mental energy ..... focused on the outcome?

You may be unsure .... of exactly what you should do .... in order to make the changes you desire in your life.....But I wonder if you would be pleasantly surprised .... if you simply begin to remember that feeling .... that feeling of desire .... desire now directed at whatever change you want in your life .... And I wonder if you would be pleasantly surprised .... to find that as you focus your thoughts .... and mental images .... on scenes of what your life will be like ... then .... and so focused ... so clear ... on how you look .... your thoughts and your feelings ... how others notice .... and react in a positive way .... all the wonderful .... new .... changes ....

Yes, change is easy .... if you allow it to be .... and change is good .... if you allow it to be .... and for most people .... and maybe you .... the more we change .... and grow ..... mentally and spiritually ... and the happier we are ...

So I wonder what it will be like the next time I see you ..... I imagine it will be a pleasant surprise ... to see the new changes in you .... feel the feelings of joy radiating out from you ... for I know ... that you are intelligent ... and capable of changing ... in whatever way you desire .... And I know ... that you know ... how to allow your subconscious mind ... to propel you towards your goals ... if you simply keep it fed ... by focusing ... your energy ... your thoughts ... your desires ... on all the pleasant ways your life will be different ... And as you hold the images ... and feelings ... all day ... every day .... your mind simply makes it happen..... So it is.

SEXUAL SUGGESTIONS

To Overcome Negative Beliefs & Past Programming

The following are general suggestions to help stimulate positive feelings about sexual interaction.

Sexual activity is normal and enjoyable.

Part of being human is being sexual and you enjoy your own sexuality.

Sexual activity is pleasurable to you.

You feel comfortable when you are naked with your partner. You enjoy the feeling of the warmth of their skin against yours.

During lovemaking you enjoy the feeling and excitement of sexual energy flowing through your body.

You experience powerful feelings of pleasure!

The touch, smell and taste of your partner stimulates you.

Each touch and caress of your partner causes waves of excitement throughout your body.

Sex becomes better for you with each experience.

You look forward to making love with your partner.

During sexual activity, all negative thoughts and feelings are blocked from your conscious mind and you remain focused only upon the pleasure which lovemaking provides.

Past negative programming and experiences are unable to interfere with your enjoyment of sex.

You experience total sexual satisfaction.

EXAMPLES OF SUGGESTIONS FOR PREGNANCY

Pregnancy is beautiful.

You enjoy the feeling of new life within you.

You are able to provide all that your baby needs to grow and be healthy.

Childbirth is a normal, healthy event.

You are creating a safe, healthy birth for yourself and your baby.

You take responsibility and plan your birth wisely.

You are learning everything you can to make birth a beautiful event for your family.

You make the best choices for a healthy, joyful birth.

You are attaining your goal of a wonderful pregnancy.

During this pregnancy, you are filled with joy for all to see.

It is fun to be pregnant.

Your pregnant body functions well.

You are a reflection of health and happiness.

You are free from any of the common complaints of pregnancy.

Your mind, heart and body are untouched by any suggestion of nausea, vomiting, fatigue or depression.

You are healthy and happy.

You attract only positive thoughts to yourself and to your child during this pregnancy.

You receive excellent prenatal care which is appropriate for you and which helps you plan your ideal birth.

You gather all the proper information you need so they you have a healthy pregnancy, a wonderful delivery and a delightful child.

You know exactly what you need to know to have a wonderful delivery and to satisfy all your needs and your baby's needs.

Pregnancy enhances your natural beauty.

You are attractive and well groomed.

You have boundless energy and you are tireless.

This pregnancy enhances your level of energy.

You feel more alive, vibrant and healthy than ever before.

You enjoy exercising daily in a way which is appropriate and beneficial for your stage of pregnancy.

You give thanks for ever-increasing health, for the daily perfecting of the baby's body, and for your constant vitality.

You have a perfectly healthy and happy state of body and mind. You are joyously pregnant and happy.

Your body is radiantly alive with this pregnancy. You love your body and your body's new shape. You go through your pregnancy effortlessly and joyously.

You anticipate the birth of your child with joy. You hear only positive comments about childbirth. Your body is beautifully suited to give birth.

You overcome all negative suggestions about pregnancy and childbirth. Only positive, successful images fill your mind and heart.

You are a radiant picture of health.

You are constantly surrounded by a glow of radiant health.

You glow visibly with radiant health.

Every day you feel healthier and happier.

Only happiness and glowing love can touch you in this pregnancy.

You experience ever-increasing fulfillment and happiness.

You are irresistibly drawn to a joyful birthing experience.

You use your power of love and wisdom to plan and bring about an enjoyable pregnancy and delivery.

EXAMPLES OF SUGGESTIONS FOR LABOR AND DELIVERY

You are preparing consciously and subconsciously for a joyful, easy delivery.

You let go of any prior ideas you had about delivery that were in any way negative.

You prepare your heart, mind and body for a happy delivery.

You automatically deliver at 40 weeks gestation.

All aspects of your life including personal, professional, emotional, financial, spiritual, and physical, are in alignment for a wonderful labor and delivery.

Your body functions easily; dependent only on its own innate divine intelligence.

Every day brings you closer to your joyous, happy, easy delivery.

You accept an easy, joyful delivery as your reality.

Your breathing is effortless.

Getting through each contraction is effortless.

Sense of time disappears.

You remain very calm during labor and delivery.

Your baby is born effortlessly.

You have a perfectly healthy and happy state of body and mind.

You go through your labor and delivery effortlessly and joyously.

You anticipate the birth of your child with joy.

During labor and delivery, you hear only positive comments.

Your body is beautifully suited to give birth, and you give birth easily.

You are a radiant picture of health during your labor and delivery.

Your positive thinking results in an easy delivery.

Only happiness and glowing love can touch you during your time of giving birth.

You experience ever-increasing fulfillment and happiness during the birth process.

You have a joyful birthing experience.

You use your power of love and wisdom to plan and bring about an enjoyable labor and delivery.

Your baby feels loved during your labor.

The birth is a gentle unfolding.

Your body is the perfect size and shape to give birth easily.

Giving birth is wonderful.

Giving birth is fun and exhilarating for you.

VISUALIZATION OF THE BIRTH EXPERIENCE

Let your mind drift ahead in time to the day your baby is born. This day in the future is exactly the perfect time for your baby to come. This is the day you have waited for. Feel the wonderful anticipation.

Mentally welcome your child .... encourage your child to come to you ... think of your baby .... feel your baby inside you.

Imagine what your baby looks like inside you ..... upside down .... their head against your cervix ..... curled up in the fetal position .... the eyes closed.

You may want to touch your belly ..... to caress your child within.

Now imagine a rush of energy coming from deep within .... it comes up .... circling your waist, tightening around your belly....

Know that you are the source of this power and allow it to come.

Allow the contractions surge ... rise to a crest ... and ebb away like waves .... knowing that this is happening in order for your baby to come ....

As the waves of energy keep coming ... you take deep breaths .... feeling your body relax with each exhalation .... relaxing into each wave of contractions .... using your keyword as each new wave comes.

Each wave of power moves your baby down, down, down .... and you feel your baby moving down when it’s time .....

You feel the baby's head pushing against your cervix ... opening it wider, wider, wider ... like a flower opening from a bud to a bloom .....

As the waves keep coming .... you may begin to perspire ..... Your breathing becoming faster ..... but you know that you are the source of these waves ... It means your baby is coming ....and you welcome them.

Imagine your baby inside you again. Your baby is surrounded by the warmth of the waves ... the energy of the waves pushing your baby to you .... coming closer and closer to the light.

Again a wave surges ..... it circles your abdomen .... it tightens .... and you allow it to happen .... again a mighty surge of energy .... tightening and pushing your baby down, down, down.

Take a deep breath. Relax.

How wonderful ... the surge of power .... that brings your baby into life ... and you welcome it as a friend.

Again it comes, tightening, pushing down, down, down.

Take a breath ..... Feel it tightening.

Imagine your cervix is opened ... completely dilated.

Think about your baby coming out.

Now imagine your baby again. See the moist curly hair. Look down.

You feel the baby pushing down, down, down.

You feel the head as it slides down, pushing. and pushing.

Now drift ahead in time. The waves have ceased.

You are cradling your baby in your arms ... the warm, moist, beautiful, child you have made .... cradled in your loving arms.

You are so grateful for this beautiful birth.

Take a minute or so to enjoy the feeling of your newborn child against your breast.

EXAMPLES OF SUGGESTIONS FOR POSTPARTUM

You breast feed your baby with ease and with joy.

Childbirth and nursing are perfectly normal functions which your body performs effortlessly.

You envision a wonderful, joyous life for your child.

You know that your baby has a special purpose and you are thrilled to help your baby at the start of this mission.

Your baby is a perfect idea made manifest in physical form.

You love your baby and your baby loves you.

You meet your baby's needs with joy and ease.

Your body is perfectly designed to breast feed your baby.

Your baby and you sleep peacefully whenever you need rest.

Your body heals quickly and you recover rapidly.

Your body is becoming stronger and healthier every day.

Your mind is filled only with joyful, loving thoughts about your baby and your body.

You have natural talents and abilities that make you a good parent.

You are a kind, caring and loving mother.

You are always filled with a calm, relaxed type of energy.

You have plenty of energy and allow your body the rest it needs so that your energy level is replenished regularly.

You eat properly and exercise regularly which enhances your health and energy level.

SUGGESTIBILITY TESTS FOR CHILDREN

YAWNING

Did you ever notice how yawning is contagious? When one person yawns, then everyone around them will start yawning. In fact, just talking about yawning makes me want to yawn. **(Therapist yawns.)** Does that happen to you, too? Have you ever been around someone that kept yawning .... and even if you weren't tired, you would just start yawning too? .... You know, even all this talk about yawning is making me want to yawn. **(Therapist yawns.)**

SWALLOWING

Have you ever thought about how many times a day you swallow? I don't mean just when you are swallowing food, but all the time. You know we all swallow without even thinking about it. Let's try something ..... I'm going to say some words ..... see if they make you want to swallow. If you feel like you want to, just go ahead and do it.

There is a feeling in your throat that makes you want to swallow .... It's beginning to happen right now .... In fact, as you listen to what I'm saying, the more you want to swallow. Feel it? .... It's happening now .... and once you swallow, I bet you'll want to smile.

FALLING BACKWARDS

I want to try something with you ... and this is kind of fun ... okay? Good. Stand and face the wall. Good. Put your feet together so your toes and heels are touching each other and your arms are at your sides. Good. Now tilt your head back and close your eyes. Good. I'm standing right behind you. Your body is starting to rock .... to sway .... feeling like you just want to fall backward ... and that's okay .... I'm here to catch you .... falling back .... falling back ... falling back, now. Good. Could you feel your body wanting to fall back?

BASIC INDUCTION AND DEEPENING FOR CHILDREN

We're going to play a game now, so the first thing to do is close your eyes. Can you do that? Good. Now make your body as comfortable as you possibly can. Remember what it feels like or how your body is when it's really comfortable and make it comfortable now. Good. To play this game, you want to keep your eyes closed ... close them real “easy” ... without squishing them tight. Keep your eyes closed and if you feel your eyes start moving around that's okay. Just keep them closed and get just as comfortable as you possibly can. You're doing very good so far. Now take some deep breaths. Just breathe in real slow.. and then just let it out, real slow. Breathe in real slow... and let it out real slow. Taking some deep breaths, real slow. While you're doing this, just keep your eyes closed and you let your body relax. You're doing so good. Now make believe you're a Beanie Baby. You know how they just flop around. They look all loose and floppy. Like they have loose bones. Pretend that you have become one of those Beanie Babies. So your arms are all limp and your legs are all limp. And you are just lying there taking some deep breaths. You feel real relaxed.. breathing real slow. Breathe in... and breathe out... real slow. And you keep your eyes closed. You just let your body feel like it's become one of those Beanie Babies. Does it feel kind of good? Okay, now see if you can make your body feel kind of heavy... like you've gained a lot of weight. Your arms are real limp and heavy. And your legs are kind of limp and heavy. You can move them if you want to, but it might feel kind of good to let them be kind of limp and heavy. And you are real comfortable and real relaxed. Good.

Now, play like your chair is turning into a cloud. And it feels real soft ... it feels real soft ... like it's turned into a cloud, and the cloud is just kind of floating there. You are just kind of floating around on that cloud. You feel real relaxed and real comfortable in your chair. It feels like it's turned into a cloud and it's real soft. You feel floaty and that feels real good. You feel free, you are just floating on that cloud. Do you like that?

And now make believe that there is this big light, and it's all around you And that light can turn any color you want it to turn. So just pick a color and change the color of the light. You can make it blue, or green, or yellow or any color that you want to make that light. You can change the colors. Just play with changing the colors. **(pause)** Now change the color of that light to pink. Feel that pink light all around you. And it feels so good... that pink light. Pink is the color of love ... like your mommy and daddy love you. Feel the pink light all around you ... pretend you're feeling love all around you ..... It's all around you. Like the person that you love the most in the whole world is holding you and loving you and comforting you. And you can feel that love all around you... and that pink light feels like love ..maybe like God's love. Let yourself feel completely loved and protected, like nothing in the whole world could ever hurt you.

Now pretend that the pink light is a shield ... and that shield protects you. You know, like the shields the warriors used to have? Well, this light is like your shield. So you are protected from anything that could hurt. Anytime you have hurt your feelings, or you feel angry or upset ... you can just close your eyes and you pretend that this pink light is around you. It's your shield and it protects you.. Whether it's someone hurting your feelings or you are embarrassed .... you can close your eyes and see that pink light and it's like a shield and there is nothing that can hurt you anymore. And you can do that anytime you want to do that. You can close your eyes and see your pink light and nothing can hurt your feelings. And you never get embarrassed any more. When that shield is all around you feel calm and protected. Like nothing can hurt you. When that shield is around you can do anything you believe you can do. You can do anything that you believe you can do when that shield is around you. It makes you real confident and you want to do real good. You want to do your very, very best.

VISUAL, AUDITORY, KINESTHETIC IMAGERY FOR CHILDREN

VISUAL: WATCHING TV

You told me you like to watch TV and that your favorite program is _____ . Can you tell me about one of the shows you saw lately?

(Let the child begin telling you about an episode.)

You know, I bet you could remember more if you closed your eyes. Would you do that? Good. Okay, then what happened?

(Allow the child to proceed for a while.)

You are really good at story telling. You have a wonderful imagination. Keep your eyes closed and see if you can imagine this .....

(Insert visualization of "end result" or utilize the favorite character to help with advice)

Good. Just continue watching and listening, feeling very comfortable, very good.

AUDITORY: FAVORITE SONG

Do you have a favorite song? What is it? Do you like to sing? Good. I know something fun to do .... first close your eyes .... Good. Now, imagine that you are singing your favorite song. Sing the song through in your mind .... maybe you can hear some music playing, too .... . Enjoy doing it very well, making just the sounds you like. When you have come to the end of the song, let me know by lifting one finger.

Good ... now keep your eyes closed and imagine someone else singing a song .... they are singing to you .... listen to the words and hear what they're saying to you in the song .... Can you hears them? What are they singing about?

MOVEMENT: MAGIC CARPET

Close your eyes and let's pretend .... Imagine that you're going on a magic carpet ride. First think of the magic carpet spread out on the ground. It's your favorite color, smooth and soft. You can either sit up on it or lie down. It's your flying carpet and you are the pilot. You are in control. You can fly just a few inches above the ground, just above the grass or higher, even above the trees if you want. You can go where you want and as fast or as slowly as you wish, just by thinking about it. You can land and visit your friends or you can land at the zoo or anywhere you like. Pretend that you're up high in the sky looking down now. Everything is so little from way up here. You might fly by a tree and see birds in a nest. You can speed up and slow down. Feel that feeling of being way up high. Floating so high ... up with the clouds. Fly your magic carpet to _____ and find a nice comfortable landing spot. When you land your flying carpet, let me know by lifting one finger.

PROGRESSIVE RELAXATION INDUCTION FOR CHILDREN

I want to show something that most kids think is kind of fun, okay?

I'm going to tell you a story and you close your eyes and pretend that what I say is really happening. I already know what a good imagination you have, so this will probably be very easy for you to do. Ready?

Okay, close your eyes and pretend that it's night time and you've just gone to bed. You're under the covers ... in your room .... just lying there ... maybe thinking .... and all of a sudden .... in through your window comes _____. **(This could be their favorite superhero, Casper the Friendly Ghost, an angel, etc.)**

He is here to help you go to sleep and dream good dreams .... and he helps you in a magical way. As you lay in your bed, he goes around and says "good night" to each part of your body.

First, your right foot. Pretend he's touching your right foot. "Good night right foot." Pretend it's going to sleep.

Now, your left foot. Pretend he's touching your left foot. "Good night left foot." Pretend it's going to sleep.

Now, both of your legs. "Good night legs." Pretend they are going to sleep. They feel kind of heavy.

Now, let your tummy go to sleep. "Good night tummy."

Now your chest is going to sleep. "Good night chest."

Now your right hand is going to sleep. Pretend he's touching your right hand. "Good night right hand."

Now your left hand is going to sleep. Pretend he's touching your left hand. "Good night left hand."

Both of your arms are ready to go to sleep. “Good night arms.” Let me see if they’re really asleep. I’m going to lift your arm up and let go and see if it just flops back down. Here I go. **(Lift the slightly, wiggle it, let it drop.)** Oh that’s good.

Now your neck is going to sleep. “Good night neck.”

Now the top of your head is going to sleep. “Good night head.” Even your hair is going to sleep.

Your eyes are going to sleep. “Good night eyes.”

Your nose is going to sleep. “Good night nose.”

Your mouth is going to sleep. “Good night mouth.”

In fact, everything, except your ears, are going to sleep. “Good night head.”

Your ears stay awake to hear me ... every other part of your body goes to sleep. “Good night body.”

EYE FIXATION INDUCTIONS FOR CHILDREN

HOLDING A PENNY

Have the child hold a penny or some other coin between their thumb and index finger and extend their arm out in front of them so their fingers are easily visible.

> Just look at your fingers holding onto the penny. That's good. After a while your fingers may begin to get a little tired of holding it .... and after a while the penny may just slip out of your fingers down to the floor or into the chair ... and that's okay .... the more tired your fingers get, the easier the penny falls out ..... When it falls, just close your eyes.

LOOKING AT THEIR FINGERNAIL

> Now that you're comfortable .... just let your eyes look down .... to one of your fingernails .... any fingernail you see is good ....that's right .... just hold your eyes there ... looking at your fingernail .... and as you do .... take five long, deep, comfortable breaths. After the fifth breath .... close your eyes easily and comfortably.

LOOK AT THE LIGHT

> Now that you're comfortable in the chair, raise your eyes up and look at this little light I'm holding above your head .... Good. Just keep watching the light ... this is a special light ... and as you stare at it, you'll begin to feel your eyelids getting heavy .... wanting to close ..... Just look at the light ... your eyes may want to blink and that's okay ...
>
> Now, follow the light with your eyes .... as I move it down ... moving it down slowly ... your eyes probably getting heavier .... wanting to close ... watching the light .... coming down ... eyelids coming down .... harder to hold them open ... and it's okay to just close eyes .... and leave them closed ... while I talk to you awhile .....

DISTRACTION AND CONFUSION TECHNIQUES FOR CHILDREN

FOR INJECTIONS

From now on, whenever you go to the doctor, your mom will remind you to look up at the ceiling when there is something that would bother you. Whenever you look at the ceiling in the doctor's office or at the hospital, you'll see that it looks funny. There are all kinds of little cracks or lines in the ceiling. Funny looking little squiggly lines. You just watch those lines, watch them very carefully. They may look like shapes, or animals, or other things. Whatever is going on with the nurses and doctors is something you care nothing about, so you just watch the ceiling. You just follow those little lines in the ceiling. See what interesting designs they make. Maybe you'll find a ball or an ice cream cone. You just keep looking at the ceiling until your mom tells you to stop.

FOR BLEEDING

Let's see how red your blood is ..... Oh, good, it's a very bright red ... That's good ... that means you are very healthy!

FOR PAIN

I wonder if your arm will feel better in 5 minutes .... or if it will only take 2 minutes .... or if it will be in just 10 seconds ... or maybe right now!

I see your right hand is hurt, but I'm very interested in your left hand. Does it hurt? How about here? Are you sure it's not hurt? What does your left hand feel like?

NONSENSE QUESTIONS

Are you married?

Is your thumb telling you something?

What color was the air outside today?

Do you see a dog over in the corner?

I'm trying to figure out which eye is crying more tears. Will you tell me?

DEEPENING TECHNIQUES FOR CHILDREN

NUMBERS DISAPPEARING

Imagine that you're lying on your back looking at the clouds in the sky ... and as you lay there .... a sky-writing plane comes by. You know what that is .... a plane who writes things in the sky with the smoke coming out of the back. You can see the plane is writing numbers. First it writes out a number 5 ... you can see the number 5 written in smoke ... it looks just like the clouds ... and then it just kind of blows away ... real slow ... just turns back into air. And as the number 5 goes away, you relax even more ... And now the plane is writing the number 4 ... you can see it plainly ... a big number 4 ... made out of smoke ... and then it just kind of dissolves away with the wind .... and you get even more relaxed. Now the plane is making a number 3 .... it looks like a 3 made out of clouds .... a big 3 ... and as it begins to fade away, you are feeling more and more relaxed .... relaxed like the clouds. Now it's writing the number 2 ... and you may think "how soft the numbers look" before it, too, fades away ... and you relax some more. Finally the plane writes the number 1 .... and as you look at it .... you become even more relaxed .... and it fades away ... and you feel as if you are fading away .... melting into relaxation ... so relaxed ... feeling so good .....

COUNTING BACKWARDS

I know something that will make you relax even more and feel even better. When I ask you to, start counting backwards from 10 to 1. You'll find out that with each number you count, the more relaxed you feel .... in fact with each number you count, you'll be twice as relaxed as you were ... and after a while, you may get so relaxed that you may lose track of the numbers ... and that's okay ... it's okay to quit counting whenever you want ...

Ready .... start counting out loud very slowly .... Good ... that's right, counting down, getting more and more relaxed, numbers fading away, numbers going away, going deeper and deeper, more and more relaxed .....

BEDWETTING

As you relax, there's something that I want tell you. Today is a very special day, because today is the day that dry beds begin for you ..... And from this moment on, every day when you awaken, you'll feel that nice soft, dry bed beneath you .... and that's a good thing to know isn't it?

Of course, though, you're smart. I know that YOU ALWAYS KNEW that one day the problem of bedwetting would go away. You never thought of yourself as grown and married with kids of your own --- still having this problem. You never thought of yourself as 80 years old, with great-grandkids --- still wetting the bed. So, of course, you knew that one day it would quit being a problem. It was just a question of when it would be over, rather than if you would ever have dry beds.

You knew that once you got older you'd quit wetting the bed .... and you are older .... you are old enough to have dry beds .... Someday you will be old enough to sleep over at other kid's homes or go on overnight trips and campouts. Someday you will even be old enough to drive a car. But you are older than you were last year or last Christmas or last month. You are old enough to have dry beds every night and that's why you're here ... because I'm going to help that happen ... and from this point on, you'll be so happy and so proud to wake up in a dry bed every day.

There is a part of your mind that controls your body and this part of your mind can help you quit wetting the bed and always have dry beds. So right now I'm talking to that part of your mind. From now on, your mind adjusts the level of your sleep, so that your sleep pattern is normal ... which means that your sleep level goes back and forth all night between deep and light levels of sleep .... and whenever you are in a light level of sleep, your bladder easily signals your brain to wake up if you need to use the toilet ... and you DO wake up.

(POWER DRIVE THIS PARAGRAPH)

Whenever your bladder is full ... whenever there is a need to go to the bathroom ... you immediately wake up ... you automatically get out of your dry bed ... you automatically walk to the bathroom, turn on the light, use the toilet, flush, turn off the light and go back to a nice, dry bed. When you get back in your nice, dry bed, you fall asleep very easily and quickly, and return to the normal sleep cycles .... going back and forth between deep levels and light levels of sleep .... and whenever you are in a light level of sleep, your bladder easily signals your brain to wake up if you need to use the toilet ... and you DO wake up.

I wonder how you will feel .... waking up every morning in a nice, soft, DRY bed. I imagine that it will feel good to your skin ... and I imagine that it will feel good to feel proud of yourself. I wonder who, besides you, will be the first to notice this nice change?

It may surprise you to find out .... that as your mind controls your body ... and your body changes the way your bladder acts .... that your bladder actually becomes stronger ... it becomes stronger and stronger and as it does, it can hold more .... and it can hold it longer. So that pretty soon, you sleep through the night .... all night .... and you awaken .... in your dry bed .... in the morning .... and then go to the bathroom as soon as you wake up. Yes, your bladder is becoming stronger ... just like the other muscles in your body .... as you become older ... and more grown-up .... and more in control of your mind ... in control of your body ... in control of your bladder ....

Every morning you awaken to a clean, dry bed .... a nice, dry bed .... a soft, dry bed .... a bed that smells good ... a bed that feels good ... a bed that you like to sleep in ... <u>your dry bed</u> ....

You are the boss of your own mind. You tell your own mind what you want it to do ... and it does it. You have told your mind to fix your levels of sleep so that you go back and forth all night between deep and light levels of sleep .... and whenever you are in a light level of sleep, your bladder easily signals your brain to wake up if you need to use the toilet ... and you DO wake up.

Whenever your bladder is full ... whenever there is a need to go to the bathroom ... you immediately wake up ... you automatically get out of your nice, dry bed ... you automatically walk to the bathroom, turn on the light, use the toilet, flush, turn off the light and go back to a nice, dry bed. When you get back in your nice, dry bed, you fall asleep very easily and quickly, and return to the normal sleep cycles .... going back and forth between deep levels and light levels of sleep .... and whenever you are in a light level of sleep, your bladder easily signals your brain to wake up if you need to use the toilet ... and you DO wake up.

Whenever you’re asleep, you are always aware of when your bladder is full .... when you need to go to the bathroom and you wake up easily and automatically.